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COOKING OF
BIG JOINTS,

AS ALSO INSTRUCTIONS FOR

Roasting and Boiling Poultry and Game.

TOGETHER WITH HINTS ON THE

Preparation of Vegetables and the Making of Salads.

BY JENNY WREN.



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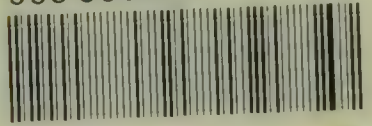
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Fruit Jellies.—Bring to the boil 2 pints of Fruit Juice (see below), a little of which is to be used cold for slaking the Corn Flour. Add a seasoning of the juice and ground rind of a lemon if desired. Stir into the boiling juice $3\frac{1}{2}$ oz. of Corn Flour, slaked with a little of the cold juice, and boil for ten minutes, stirring well. Pour into a shape rinsed with cold water. When cold, turn out and serve with sweet or switched cream.

To PREPARE FRUIT JUICE from the CURRANT, CHERRY, GOOSEBERRY, RASPBERRY, BLACKBERRY, RHUBARB, &c.—Take the fresh fruit, clean and put into an enamelled goblet or jelly-pan. To every pound of fruit add $\frac{1}{2}$ to $\frac{3}{4}$ pound of sugar, cover with a little water, and boil for about $\frac{1}{4}$ hour. Then strain through a linen cloth or fine sieve. This juice, if bottled when boiling, will keep for a considerable time, but care must be taken to fill the bottle to the top, so that no air is left inside, and to seal it air-tight. FRUIT SYRUPS, with an equal quantity of water added, may be used as Fruit Juice.

Orange or Lemon Jelly.—Rub down the skin of an orange or lemon with lumps of sugar, and scrape off the portions which have become yellow. Add to the sugar and rind thus scraped off more sugar, till the whole is 5 oz., and put into a saucepan. Take 1 pint of water, slake $1\frac{3}{4}$ oz. Corn Flour with a little of it, and pour this into the saucepan with the rest of the water; then bring to the boil, stirring well. Squeeze into this the juice of the orange and also of a lemon, or if for a lemon jelly, the juice of 2 lemons. Boil for 8 minutes, stirring well, and pour into a shape rinsed with cold water. Serve cold, with switched cream.

Chocolate Jelly.—Take 3 oz. Corn Flour, $1\frac{3}{4}$ oz. cocoa, 5 oz. sugar, 2 pints water, and a little vanilla. Slake the Corn Flour and cocoa with a little of the water, and pour into a saucepan with the rest of the water. Place on the fire, add the sugar, and bring to the boil, stirring well. Boil for 8 minutes, stirring well, and pour into a shape rinsed with cold water. Serve cold, with switched cream.

Coffee Jelly.—Boil $\frac{1}{4}$ lb. of coffee in $1\frac{1}{2}$ pints of water; after straining, add $3\frac{1}{4}$ oz. sugar, and $\frac{1}{4}$ pint of previously boiled cream. When the mixture boils, add to it $3\frac{1}{4}$ oz. Corn Flour slaked in $\frac{1}{4}$ pint of cream. Boil 8 minutes, stirring well, and pour into a shape rinsed with cold water. Serve cold, with switched cream.

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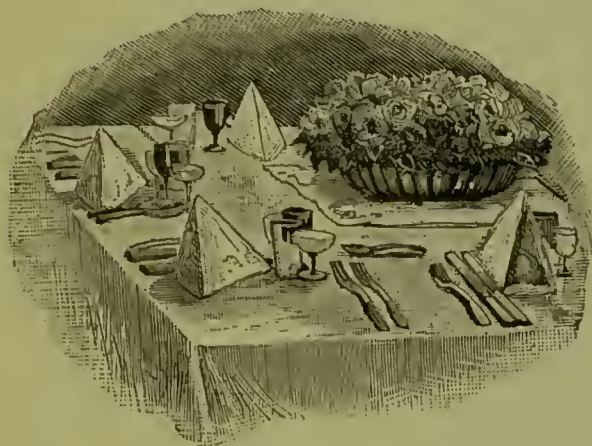
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PREFATORY NOTE.

MRS. WREN believes that the Cookery Formulas contained in the following pages will not only be found thoroughly practicable but also suggestive.


In Mrs. Wren's opinion, a good cook or kitchen-maid only requires a hint or two to enable her to improve, or at least, successfully vary such dishes of the "made up" kind as may be requisitioned for the dining-room.

In cooking what may be called "big meats," there is not of course, much room for a display of culinary art; all that can be inculcated indeed, regarding roasts, is that those responsible should take such pains as will ensure their being done to the proverbial "turn."

About Pie Making and the preparing of Game and Poultry enough is said in the pages devoted to these departments of cooking to ensure success, provided the necessary pains be taken.

Vegetable cookery and the making of Salads require study to prove effective, and Mrs. Wren trusts what she has said about these parts of her subject will be found useful.

1st November, 1800.



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Large Joints : How to Cook Them.

ETC., ETC., ETC.

“ Let all the *art* of Cookery be seen.”

UPON the cooking of large joints of meat, it is not necessary for me to dwell at great length. Large joints are best cooked by boiling them in a pot, by roasting them either before the fire, or baking them in an oven. For many years these were our chief modes of cooking, and even now the *pièce de résistance* at all dinner parties is “the roast beef of old England,” or a leg of prime Southdown or Cheviot mutton. Joints baked in an oven I do not recommend ; they are not so healthy or so appetizing as when done before an open fire.

ROASTING.

IN all kitchens “cleanliness” is essential. Many a piece of good meat has been rendered unpalatable by being stuck on a dirty spit, or hung on an uncleaned hook. A cleanly disposed kitchen-maid will see that her spit, and every other utensil, is as clean as it can be made, and when she has to roast, that her fire is *nicely made up* so as to prevent danger from cinders or ashes falling into the dripping-pan. It is possible to roast a piece of meat without making a “midden” of the dripping-pan, as some cooks invariably do.

Newly killed meat ought not at once to be roasted. It is, of course, the business of the butcher to keep “seasonable”

meat, and to tell his customers how long it has been killed, but the cook ought to inquire personally about this. Taking it for granted, however, that a proper piece of meat as regards size and age has been procured, the following ideas should be stored up as to the best way of roasting it:—A bright and clear fire is necessary, so that there may be as little dust as possible. Have the fire ready *in time*, and to ensure that, begin to get it ready half an hour before it is required. If the grate admit of it, let the fire extend a few inches on each side beyond the piece of meat which is roasting. See that the heat be proportioned to the joint; a fire that would be suitable for a roast of fourteen pounds of beef would burn six pounds to a cinder in no time. Do not put your meat too near the fire at first: if the joint be very large, let it hang for a little time at a fairish distance—say, at least, a foot away from the fire. In case of accidents from ashes, the dripping-pan should be kept as far from the fire as possible, but must be so placed as to catch *every drop* that falls from the meat. Keep basting, and when the meat is very fat skewer a bit of paper over the fat portion.

As to “time,” a good deal may be done, or rather estimated by the eye of the cook. For a roast that has been kept some days—say six or eight—a little over a quarter of an hour to the pound—about seventeen minutes—should be sufficient; but, as usual, much depends on the weather, the state of the fire, and the condition of the meat; so that a ten-pound roast of beef may at one time take half an hour longer than at another time. Slow roasting ought to be the practice in the case of heavy joints, and the more industrious the basting, the less will be the time required for roasting. A good screen of some kind should be placed at the back of the meat, as it keeps the heat well in about the roast. The meat should be neatly and lightly dredged with flour, so as to give it a frothy appearance when brought to table; and about half an hour before being served it may be placed pretty near the fire, in order to be nicely browned. Generally

speaking, that is the way to roast, but the operation requires constant attention.

BOILING.

FEW persons are so extravagant as to boil for the mere purpose of being able to place a boiled joint or other bit of meat on the table. A "boiled leg of mutton with caper sauce," no doubt, sounds well; but at the same time it is a rather extravagant dish, and the reason why is not far to seek. When meat is boiled to be eaten "as meat only," it must, as a rule, be placed on the fire in boiling water, in order that the juices may all be retained within it; when such is the case, the liquor in which the meat has been boiled is not of so much value as stock for soup, seeing that the *virtue* has not to any extent permeated the water. On the other hand, when meat is boiled for the sake of making soup; it requires to be placed in cold water and be gradually brought to the boil, in which case it is very often boiled to rags, or, as I call it, to *tavers*. Simply put, that is the whole philosophy of boiling. Reducing philosophy to practice, I may at once state that the boiling of meat for table purposes requires great care and the exercise of much patience on the part of the cook.

The following directions may help to keep those who boil meat in the right path when the joint is to be served "as such."

See the water is really boiling before you put in the meat, and that it is kept boiling all the time the meat is cooking. Skim the contents of the pot well, and keep boiling as slowly as you can. The lid must be kept on securely, and never removed except to skim the contents; after the first skimming, throw in a little cold water, which will have the effect of bringing up the remainder of the scum. Careful and constant skimming is essential to the nice appearance of the meat. When possible, let the piece you boil be of an equal thickness throughout, which ensures uniform cooking. As to time, *that depends*; in the matter of boiling, much must be left to the cook. Fifteen minutes for each pound weight of a boil used to be considered about right,

but the meat cannot be evenly cooked in that period, and in my opinion twenty minutes is not too long. I don't think any person likes underdone "boiled" meat. A leg of fresh mutton eight pounds in weight should be boiled for three hours off and on. Salt meat requires a little longer time. I may also request my readers to take note that fresh-killed meat takes a longer time to boil than meat which has been kept for a given period, say, six or eight days. It can be easily, during the cold season of the year, kept for that period. Boiled lamb, veal, and pork are unpalatable when not thoroughly cooked.

Liquor in which meat has been boiled should be saved for soup, even when the meat has been cooked in boiling water. Some large joints should always be put on with cold, it is wasteful to lose the stock. May I remind my readers that boiling water, no matter whether it boils slowly or fast, remains always at the same heat.

These general remarks on boiling will, I hope, prove useful ; it is the careful studying of such points that helps to make the good cook and housewife.

BROILING.

THIS is an expeditious method of cooking portions of flat meat by means of a gridiron on or even before a fine, clear fire. Nothing, in my opinion, that is much thicker than an inch should be cooked by broiling ; a beefsteak, a mutton chop, a split fish, or half of a fowl may at times be advantageously done on the gridiron. The cook should be particular about keeping her gridirons scrupulously clean ; if possible, she should have a separate one for fish cookery. When about to use either, it is best to heat it for a minute or two on the fire, and if a steak or chop is to be done rub the bars over with a little suet ; when fish is to be cooked, a light dusting of flour may be sprinkled on the gridiron. Have the fire a clear red, if possible, and, if it can be managed, let there be no smoke ; if inclined to

smoke, sprinkle a little salt on the coals. Watch the meats when they are broiling, and turn them often, and take care they do not *burn*.

Frying, As usually performed by uneducated cooks, is the abomination of cookery. Frying as a part of the process of concocting a *made* dish or *entrée* is a different matter. Frying, speaking roundly, is just to boil anything in oil or fat, or rather to cook any meat in boiling oil or fat. As a general rule, salt ought not to be placed in the frying material, as it retards the browning process. In frying, half the battle is to have the oil, lard, or butter at the proper temperature—the cook should study this. In what was said about “fish cookery” there are a few remarks on the subject of frying.

Do not have a very large piece, as it is difficult to *Roast Beef*. roast it equally; a roast of from twelve to sixteen pounds is as big as I would recommend for convenience and equable cooking. A roast of beef is not the worse for being kept a few days, according to the season. In winter a bit of good beef will keep very well for from five to eight days; but the butchers of the period study the wants of their customers so carefully that beef can always be procured in condition for the spit. In roasting a large junk of beef, the sirloin may be accepted as the best part; see that it is well and evenly *spitted*, so as to balance well before the fire. I must say that for careful roasting I prefer the meat to hang and twirl round rather than to be spitted; it can be better roasted that way. Put a quantity of dripping into the dripping-pan and let it melt. As soon as it is melted commence to baste, and continue basting every five minutes at least. Let it be well done or under-done, according to instructions. It will require about four hours roasting if a large piece. Before dishing froth it, and sprinkle a little salt over the beef, then baste it with a bit of fresh butter, and dredge with flour. Continue roasting for a few minutes till it is well frothed and nicely browned; then dish, garnished with horse radish, scraped into a kind of snow. Pour some boiling gravy round the beef, and serve hot.

Roast Lamb. AN average sized hind quarter of lamb will take fully an hour and three-quarters to roast before a brisk fire ; and a fore quarter of six pounds will take two hours. Young meats should always be well done.

How to Roast Mutton. A GIGOT (hind-quarter) of ten pounds weight will require to be kept at the fire fully two hours and a half. Keep mutton as long as possible before roasting it. Let it be done before a brisk fire. A saddle of mutton is a fashionable dish. A saddle weighing say twelve pounds will require three hours at least, even if it is pretty old kept. The best way is to skin the meat and loosely fasten on the skin till the saddle is about done, then removing the skin, brown and froth as before directed. Any butcher will prepare and trim a saddle ready for the spit.

Roast of Veal. ROAST in the same way as beef or mutton, baste liberally. If you desire it flavoured, baste for the last half hour with a composition of oil, vinegar, and anchovy sauce. Serve with the dripping, nicely skimmed, but diluted with a little boiling water poured over it. Pin a paper round it when it goes first to the fire, and as the meat is getting ready dust with flour ; it must be carefully attended to.

Roast Pork. A LEG of pork weighing nine or ten pounds will take three hours and a half to roast. Stuff the knuckle with a composition of onions, apple, and sage, as also bread crumbs, well seasoned with pepper and salt. Score the skin in lines, three to the inch, and ancint with a little olive oil or melted butter before placing it to the fire. Do not put this or any other joint too near the fire at first.

To Roast a Sucking Pig. MUCH attention must be devoted to the roasting of a sucking pig, but it is not an animal that is frequently seen at private dinner tables, although at one time it was often served in country houses of the old-fashioned sort. The pig selected for roasting ought to be nice and plump, and not older than three months. Order the butcher to kill and dress it on the morning of the day it is to be eaten. For stuffing, mix up carefully the crumbs of a stale loaf with sage, chopped onions, pepper, and salt, two ounces of butter,

and an egg. Stuff all this in, and then sew up the animal and place it at the fire, baste with a mixture of butter and fine clean suet, and keep basting till the pig is done, which should be in two hours or so. Before it goes to the fire, rub all over with a bit of butter, then dredge with flour; let the pig be nicely browned, and take care it is more done at the ends than in the middle. To ensure this, place something over the middle for a time—a thin paste of flour and water will do, or protect with a small sheet of thin iron. The fire must be brisk and clear, and the pig must be sent to table as hot as possible. Some cut the animal through the middle while dishing it, but I like better to see it dished as a whole. Place a small lemon in its mouth. Serve with red currant jelly, or, as some prefer, with chutney. The great point in roasting a sucking pig is that the "crackling" should be as tender as possible.

To roast a spare-rib of bacon, it must be placed
A Spare-rib. at the fire for two hours and a half, if not more than 8lb.; if the rib is a very bald one, it will of course take less time. Before putting to the fire, joint the meat and break the ribs across, as in a forequarter of lamb. Dredge and baste alternately, and before dishing sprinkle over with the powder of dried sage leaves. Serve with apple sauce, mashed potatoes, well browned before the fire, and above all, good mustard. The bones of such a roast are esteemed delightful picking by some epicures.

To Boil a "Gigot" of Mutton. THIS is easily managed. Trim the leg nicely by cutting off the shank (but cutting as little as possible off it), then soak the joint for about ten minutes in warmish water, after which wipe it dry, and place it on the fire in a large pot, fully covered with pretty hot water; let it come to the boil and simmer gently. Keep skimming, so as to remove impurities from the liquor. As to time, a gigot weighing between nine and ten pounds will take at the very least two hours and three-quarters, and probably will not be thoroughly done under three hours. *Don't stab with a fork.* That would let out the juice. All boiled meats should, as already stated, be well done, and a well-boiled gigot of mutton, with caper sauce, forms an excellent dinner dish. Preserve the liquor in which the meat has been boiled for soup. I like to boil the necessary amount of carrot and tur-

nip to be eaten with the joint, in the pot along with it. Clean these vegetables carefully and slice neatly, putting them in so as just to be ready at the same time as the meat; dish with cut carrots and sliced turnip all placed round. Some pour caper sauce over the joint, others serve the sauce in a separate dish. For convenience in dishing, it is a good plan to place a fish drainer in the pot, if the size be convenient.

Boiled Round of Beef. LET it not be too large, and see that it is tightly bound all round. About 12lb. or 14lb. forms a convenient size, and a joint of that weight will require from three hours to three hours and a quarter to boil. Put on with cold water—as the liquor is valuable for making pea-soup—and let it come slowly to the boil. Boil carefully but not rapidly, and skim frequently; as a rule, keep the lid of the pot well fixed. The meat may be all the better if taken out once or twice in the process of cooking. Carrots and turnips may be boiled to serve with the round; they will, of course, cook in about a third of the time necessary to boil the beef. “Greens” is an excellent vegetable to serve with salt beef. “Salt beef and greens” is “curlers’ fare,” and is a favourite winter dish in Scotland. The best way to make ready the greens is to boil them in some of the pot liquor, which can be taken out with a ladle about forty minutes before the beef is done. Serve with slices of carrot and turnip, placing the greens in a corner dish. The beef liquor, when the meat is put on with cold water, will be found very useful.

Boiled Neck of Mutton. THIS is excellent. About six pounds is sufficient for a good dish; clean with care and trim neatly. Boil very gently (cold water) for two hours off and on, and if you like lift then, and, taking off the skin, finish in Dutch oven before the fire, dressing over the meat with egg and bread crumbs. Serve with a sauce made of flour, butter, and parsley, or with caper sauce—pouring the same over the meat, so that the juice of the joint when it is cut may mingle with the sauce.

Boiled Lamb. THIS is not, to my taste, so good as the same meat roasted. Boil very slowly, and take care to skim constantly. Garnish the dish with plenty of boiled cauliflower.

Boiled Veal. VEAL so cooked is occasionally sent to table, but it is at best an insipid dish, and ought to be stuffed with chopped ham, bread-crumbs, and parsley. It should be served with a piece of boiled bacon, tending to the fat side. Prepare a sauce of young onions to serve with the dish.

Boiled Beef. THE *bouilli* of the French, for the sake of economy, should only be used as a portion of a dinner—that is, *broth* should also be made from it. Boiled fresh beef is excellent with young cabbage, or any nice fresh vegetables, as cauliflowers or mashed turnips.

How to Boil a Ham. A HAM ought to be steeped before being put on to cook. A very salt one should be soaked for at least a day and a night, and others less salt from eight to sixteen hours. Begin to cook with cold water, and use a large pot, so that the ham may have plenty of room to “wamble.” Let the water heat very gently; don’t let it boil, in fact, till at least one hour after it has been placed on the fire, and then let it simmer only till the meat is cooked. It will take from four to five hours’ slow simmering to ready a ham of sixteen pounds weight. If the ham is purposed to be eaten cold, it should get an extra half-hour on the fire. If the ham is going at once to table, peel off the skin, and sprinkle with bread raspings; glaze it, and trim the knuckle with a ruff of clean white paper.

Observation.—What has chiefly to be studied in the boiling of fresh meat is that it be well done, and that it be neatly dished, so as to present a seemly appearance at table.

To Boil Pickled Pork. To boil pork with effect, one requires to know how long it has been salted: that should be ascertained, if possible, from the person who supplies the meat. Soak it accordingly. It will require to be in water for a night if it has been salted for some days, or at least for six or eight hours. Wash and scrape the piece, so that it shall be thoroughly clean. Boil it very slowly—all salt meats require longer boiling than fresh—and for a piece weighing seven pounds, three hours and a half of gentle simmering will not be too much time. Skim carefully during the process of boiling,

and when finished, be very particular in cleaning the goblet in which it has been boiled. When you dish the pork, take a knife and cut off any unseemly bits, and remove any part that may appear unclean. No meat is more disagreeable when not sufficiently cooked than boiled pork. Pease pudding is a usual accompaniment to pork at table.

To Broil SKIN the kidneys, and cut them so far open as
Sheep's that they will fold out like a book. Dust with
Kidneys. pepper and salt, and put the cut side to the fire first, turn in a little time. In from six to eight minutes, they should be ready. Serve at once with a little bit of butter on a hot dish.

How to Cook BEEF steaks are best done on the gridiron ; they
Beef Steak. should not be quite an inch thick, and may be rolled out a little with a heavy rolling-pin ; do not "beat" them. Season nicely on both sides with pepper and salt, and then place on a heated gridiron ; turn twice or thrice or oftener, if the steak is a very thick one. Serve on a very hot dish, and before sending to table rub the meat over with a piece of butter. Don't do a steak till it is wanted, and let it go *slick* from the kitchen to the dining-room. From seven to ten minutes should do a steak.

To Broil Do these exactly in the same way as the beef
Mutton Chops. steaks ; they will take just about the same time. Chops, to do evenly, should all be as nearly as possible of the same thickness, and they should be as thick as a steak.

Note.—Nothing more need be said on the subject of broiling. The cook can broil anything "she has a mind to" on the same plan, whether it be half a chicken, a Loch Leven trout, or a Loch Fyne herring.

TIME-TABLE.

THE following time-table for roasting, frying, and boiling may, I think, be studied with advantage ; it must, of course, be taken only for what it is worth. The condition of the meat to be cooked and the fire upon which it is to be cooked vary so much

that it is almost impossible to lay down precise rules. Practice is undoubtedly the best guide, and only an experienced eye can readily tell when a joint or made dish is done to a turn, or when a fish is so well cooked that it may be dished.

Roasting. A LARGE Joint of Beef that has been kept for some time, say a sirloin of 12lb. weight, will take quite three hours and a quarter to roast. A well-kept Leg of Mutton of, say 8lb., will require to be kept at the fire for at least two hours and a half. A Leg of Lamb weighing 6lb. should roast in a little over an hour and a half; Leg of Pork 9lb. three hours. A pretty large Goose will roast in about two hours. A Duck will require fifty-five minutes; Chickens from half an hour to an hour; Hare an hour and a half; Partridges and Grouse a little over half an hour; Fillets of Veal, 10lb. weight, three hours and twenty minutes; Pigeons a little over twenty-five minutes.

Boiling. A HAM of 14lb. should simmer for four hours at least. (Save the liquor for soup). A Round of Beef of 16lb. should boil slowly a little over four hours; Leg of Mutton, 9lb. weight, a little over three hours (use liquor for soup); Neck of Mutton, say a quarter of an hour for each pound; Calf's Head, three hours; Fowls, according to size, from one hour—the older they are the longer they take; small Turkey, about two hours; Greens and Cabbage, about half an hour quick boiling; Broccoli and Cauliflower, about fifteen minutes; Green Peas about the same, also Spinach; Asparagus twenty minutes at least.

PIES AND PIE MAKING.

I AM no great advocate for pies made of butcher meat, but tastes differ, and my business is not to compel people to adopt my tastes, but rather to provide for theirs. If pies are ever good for food, it must certainly be in the winter season, when the stomach is better able to deal with rich foods than during the hot weather, when the system is relaxed, and the gastric juices are weaker. In pie making great care should be observed in baking the paste, and particular pains should be taken to *ventilate* the pie very thoroughly, which adds to its wholesomeness. There is this advantage in pies, they can be made out of pieces of meat that could not readily, perhaps, be turned to better account ; in fact, a pie may be concocted out of anything ; and there is another advantage attendant on a savoury and well-seasoned pie, it is better cold than hot ! A pie should have no bones in it, so that it has the advantage of being easily carved. The oven should be studied. Some ovens heat more rapidly than others, and each oven has some peculiarity of its own. Puff paste requires a quick oven, and cooks should bear in mind that meat cut in pieces, as in a pie, will be ready sooner than when in a large joint. The best way to ventilate is through the ornament at the top, which ought to be all perforations.

A little practice in pie making is better than a hundred pages of directions, however plainly they may be given. I shall now give a few specimen receipts for the making of pies, which will be as good as a hundred ; for when a cook is able to make one she will be able to make a score.

To make Beef-steak Pie. LET the beef be tender, the rump bit is as good as any other. Cut three and a half pounds into small pieces, roll or beat them out till they are flat and thin, dust them well with a mixture of salt and pepper, roll them up and lay them neatly in the pie dish—a little morsel of fat on each piece is an improvement. If you have it, fill in a teacupful of beef gravy and another of water; season to taste—that is, with a few chips of onion, a little catsup, and a score of small oysters. Lay a strip of paste round the flat of the dish, and then cover as elsewhere instructed. An hour and forty minutes in a moderate oven should be sufficient time to ready this pie. As a rule, pies are overdone, but the “judgment of time is essential, and is only acquired by careful watching and experience; each piece of the meat should not be more than three inches by two and a-half, and the seasoning ought to be studied. If a few sheeps’ kidneys are added to the pie, then it will take twenty minutes longer; the best way, however, is to parboil the kidneys, so that they may be done at the same time as the beef.

How to prepare a Hare and Ham Pie. CUT off the fleshy parts of a hare, and lay them in a pie dish lined with well mixed ham. Season with black pepper and salt, and just a dash of cayenne. Place in the dish a few balls made of butter and flour and the yolks of a dozen hard-boiled eggs; fill in with rich brown soup or strong gravy. Cover and fire for about two hours. Eat cold.

Vealand Ham Pie. FOR use when cold, a veal and ham pie may be made in the same way as above, using pieces of lean veal, well seasoned. Put in yolks of hard-boiled eggs, and fill up with strong white stock. Cover with puff or other paste. Fire for two and a half hours.

Chicken Pie. SKIN say three chickens and cut them into nice joints (you cannot help the bones in this case), sprinkle with white pepper, salt, and a little mace. Having lined your pie dish with veal chops and small slices of ham, lay in your chicken pieces, filling in with forcemeat balls and the yolks of hard eggs. Chop up some of the hard whites with a very little parsley, and sprinkle over the meat. Fill up with strong veal broth well-seasoned. Cover with puff paste,

nically designed and carefully ventilated. Bake for an hour and twenty minutes. Cover the paste with paper in case it should scorch. This pie will be delightful when cold. Some cooks bone the chickens, which, when the pie is to be eaten cold, is of advantage.

Pigeon Pie. CLEAN the birds with care, and dust the inside of each with a mixture of pepper, salt, and flour; fill the pigeons with their livers parboiled, chopped up with parsley and butter. Line the pie dish with small bits of beef and then lay in the birds. Dust them over with a little white pepper, salt, and flour, half of flour and quarter each of pepper and salt (if to taste). Put in also the yolks, hard boiled, of half a dozen eggs. Cover the whole with a few very thin slices of ham, then put on the crust, and bake for about an hour, if the pie is not very large.

Giblet Pie. THIS is a toothsome and not an expensive pie, or yet difficult to make. It may be prepared in various ways, but the following is my way. Obtain a shilling's worth of giblets, wash them, and then stew the lot in diluted soup stock till they are tolerably tender, when they should be taken from the pot and be left to cool. When cold, cut them in pieces. Line the pie-dish with a few cuts of lean beef and a thin slice or two of ham, place the giblets on that lining, and strew them with finely cut onions, fill up with weak brown or gravy soup, a portion of the liquor in which the giblets were boiled, and cover with a well-baked paste of mixed flour and boiled potatoes, or, if liked, with potatoes only mashed with new milk. Season to taste with pepper and salt; bake for an hour or so in a slowish oven. Two or three hard boiled eggs, cut in bits, may be added to the contents. When there is no soup on hand, use water thickened with a very little flour, and a morsel of butter if liked, or a stock may be made by stewing a small portion of the pie meat.

A Gosling Pasty. PROCURE a couple of green geese and parboil them, then cut them into shapely joints and lay them in the pie-dish on a bed of mashed potatoes; dress round and over with a few thin cuts of mixed ham, cover with a plain pie paste, or with mashed potatoes with a design carved on them, or put the cuts of the bird in a raised crust. Bake for a full hour.

Directions for Preparing a Christmas Pie. GET the poulterer to take the bones out of a fine large goose, dredge the inside of the animal with good strong seasoning. Do a small fat fowl (boned) in the same way, stuffing it well with minced ham and veal and a couple of hard-boiled eggs, chopped. Stew both in well-seasoned soup stock for a good half-hour, then remove from the pan and insert the fowl into the inside of the goose as neatly as possible. Place the goose in a large pie-dish on a liberal layer of steak and oysters, surrounded with a dozen or two of forcemeat balls and a tongue (parboiled) cut in slices; fill up with mashed potatoes well done with butter, place a good paste over all, and bake till ready—it will take well on for three hours. A little soup stock may be poured over the goose. This is a pie of pies when well made, and suitable for a large holiday dinner party. Savoury pies to be eaten cold should be more highly seasoned than when they are designed to be eaten hot.

SOME persons are fond of a hare pie, but I think the best way of using a hare is to make it into soup. Prepare the pie as follows:—After skinning and emptying the animal, joint it, and cut off all the fleshy parts. Boil the rest of it down for a liquor to put in the pie; in doing so, put in a carrot, a few onions, and a bunch of seasoning herbs. Strain it after boiling for an hour, and pour over the pieces of hare as laid in the pie dish on a bed of sliced ham. Cover with a crust and bake for an hour and fifty minutes. When carefully seasoned this is a tasty enough dish. It will require two hares to make a fair-sized pie.

Potato Pie. TAKE two pounds and a half of stewing beef, which cut into small portions, and dredge each of them well with a mixture of pepper, salt, and flour; place a few potatoes, cut into thin slices, sprinkled with pepper and salt, at the bottom of a dish, and place the pieces of meat thereon; add a little gravy, and let the dish be put in the oven till nearly done, taking care to cover it closely with a plate. Boil and mash with a little butter a good supply of potatoes, with which fill up the dish, and replace in the oven to finish baking and to brown. Be sure and leave a hole in the potato paste for ventilation. This is an inexpensive and palatable dish.

*East Neuk of
Life Pie.* CUT down two or three rabbits into nice joints, use the carcasses to make gravy, and the livers boiled to make forcemeat with chopped parsley, anchovy, pepper, salt, and a little butter. Line the pie dish with a few thin slices of well mixed ham, lay in the rabbit joints dusted with pepper and salt to taste, and pour over them the gravy, which, if desired, may be strengthened with a little white stock. Boil half a dozen of eggs hard, and quarter them, which add to the contents. Cover with pie crust and bake. May be eaten either hot or cold.

THIS is an old provincial Scottish dish, and *A Bride's Pie.* should have a ring and a silver coin in it "for fun." It is made with finely chopped meat from the well-boiled foot of a calf, half a pound of suet minced, two apples pared and minced, a quarter of a pound of currants and a quarter of a pound of raisins stoned and minced. Flavour with cinnamon, nutmeg, and mace, half an ounce each of candied citron and lemon peel, as also with a glass of sherry wine, and a "nip" of brandy. As will be seen, this is a "mince pie on a large scale," therefore mix all the stuff well together, and having lined a tin dish with a slip bottom, and movable sides, with puff paste, and having covered with the same in a highly ornamental way, place the pie in the oven. It will do in about thirty-five minutes or less; when ready, draw the bottom, and remove the sides, and send to table on a hot dish covered with a clean napkin.

THIS, if well made, is a palatable dish. Procure *A Lark Pie.* two dozen and a half of larks, take off their feathers and take out their gizzards, and rub them for a little in a coarse dry cloth. It is a good plan to fry the birds for a couple of minutes in some clean lard with a little chopped parsley, after which place them in the pie dish with some pretty strong seasoning. I generally use a few small mushrooms—a dozen at least—a little shallot, and, of course, pepper and salt, likewise a small portion of veal and ham chopped fine—say half-a-pound of each. Some cooks line the dish with very thin slices of bacon. A good plan is to stew the etceteras for about six minutes; then arrange the pie, filling in a breakfast cupful of good stock, cover it neatly, and fire in a nice equal heat, not too brisk, for about an hour and twenty minutes. Carefully prepared, this pie should prove a success.

How to make a Sheep's Head Pie. CLEAN head and feet in usual way, as for sheep head broth, and par-boil till pretty well ready. Pick off the flesh and pack it in a pie dish with seasoning to taste, pepper, salt, and nicely shred onion, lay on a few pats of butter, and fill up with the liquor in which the head and feet were boiled. Cover with pie crust and bake till ready—an hour will do it. If to be eaten cold, remove crust and cut like brawn. Do not throw away the liquor in which the head was boiled, put a couple of pounds of scrag of mutton in it, and make it into broth with vegetables.

Calf's-Head Pie. THIS used to be a great Scottish dish on marriage and other festive occasions. It may be prepared very much in the same way as a sheep's-head pie, flavouring it more highly and lining the dish with some thinly-cut ham. Hard-boiled eggs and forcemeat balls may be put in the dish if liked. Let the pie be neatly covered and well baked, first pouring over the contents some of the liquor in which the meat has been parboiled. This pie should not be sent to table till cold.

Rook Pie. IN preparing a "crow pie" the birds are not plucked, they are skinned, and only the breasts are used. As the rooks are skinned, lay the pieces in salt water for a little time; line the pie-dish with well-mixed ham, cut in very thin slices; place in the bottom a pound of good rump-steak, having a little fat upon it; then lay on the rook breasts, well sprinkled with a mixture of pepper, salt, and flour; pour over the whole a breakfast-cupful of stock, and cover with paste. The pie will take fully two hours and a half to make ready. Some cooks stew the rooks and steak for half an hour in the stock before placing them in the dish.

Camden P. L.

HOW TO MAKE PASTE FOR PIES.

THE common paste which is now in daily use in many families requires to be carefully manipulated. The *board* on which it is made should, when possible, be a slab of marble or fine slate, or any smooth-grained stone, or a piece of hard wood. Let the roller and everything be sweet and clean, including the hands of the baker. Paste should always be made in a cool place. The true knack of paste-making will take a little time to acquire, but the learner must not be disheartened at the first or second failure. *Nil desperandum* should be the motto of every cook. See to the oven. Each kind of paste requires a particular heat—puff paste should be done quickly, glazed paste must not be scorched and raised, (stand up) crusts must be done slowly. It may be noted that fruit in pies is pretty easily readied, quicker than a big joint or large fowl. The pastry maker should have a bunch of fine feathers to brush away superfluous flour.

*How to
Prepare
Puff Paste.*

THE following receipt is attributed to M. Soyer. I have lost my copy of it, but as I have made the paste often, I can from memory give all the details. Take a pound weight of flour and place it in a heap on your pastry slab of marble or fine slate. Make an opening in the centre, into which pour the white and yolk of an egg, beaten up in a little very cold water, with a pinch of salt and the squeeze of a lemon. Work the whole carefully into a flexible dough with the right hand, but do not manipulate it too much. When this has been done, let it stand while you squeeze all the milk out of a pound of fresh butter, which you have placed in a cloth. After you have done that, slice the butter on to the dough and gather the mass over it; next flatten

it out nicely with the hand ; then roll it out with the pin ; put up half of it on the other half, and roll again. Repeat this process two or three times, rolling and turning till the butter and flour are well incorporated ; then lay it for twenty minutes on a floured baking sheet (on ice if possible) ; give it then another fold or two and another roll or two, and place again on the baking sheet and on the ice, if you have it. Finish up with two more rollings. If great pains be taken, this mode will prove successful, and result in an excellent paste.

Puff Paste— As the above may seem to many a rather elaborate way of proceeding, especially as regards the ice business, I may mention that the following mode of making puff paste is a good one. Weight for weight of flour and butter ; take half your butter and mix it with your flour, using your hands (well washed of course) to do so ; add a little water and mix again with the end of the roller or a wooden spoon ; roll out from the centre of the mass, which fold up into six folds, roll out and re-fold three times, then fold the sheet of paste into three-ply and roll out once more. It is now ready for use, can be cut into any shape, and may be used of various thicknesses. Puff paste may be made either from this or the other receipt.

Raised Pie Paste. MAKE a dough with three pounds of flour and two ounces of butter, mixing with sufficient boiling water, say a pint ; mix pretty well, then place it in a dish and set it near the fire for half-an-hour to heat, turning it every few minutes. Take it from the dish and work it well, then form it to the shape you wish, wash the outside well over with a beat egg, fill temporarily with bran, and bake in a slow oven till ready,—it will take about three quarters of an hour. Garnish the outside with leaves of paste, and form an ornamental lid. When required, fill with cold game and sauce as instructed.

Note.—The building of such a crust requires a good deal of practice, and great taste may be exercised in cutting out or moulding ornaments. Begin by making a small case, and if the paste is intended to be eaten it must be made a little richer.

Paste for a Beef-Steak Pie. TAKE two pounds of good flour, and rub gently into it one pound and a-half of good salt butter, then pour over it the yolks of three eggs well beat, mix and work into form with as much spring water as may be necessary, roll out and fold over till you think it will do. More or less butter or clean lard may be used according to taste.

HOW TO COOK GAME AND POULTRY.

“GAME” not being in any sense food material for poor folks, I make no pretence that the following dishes are cheap; and except when partridges can be obtained for 2s. a brace, and that is rare enough, I do not recommend game as an occasional item of expenditure for any household where the income is less than £300 a year. A brace of grouse, for instance, can seldom be had under 5s., which sum would provide many a household with dinners for two days, and some households will not have much more to expend perhaps on dinners for three or four days. Game of all kinds is usually sold at “fancy” prices. It is fashionable, and therefore certain persons *must* have it on their table cost what it may. So far as I have investigated, the food power of grouse and other game birds is not great, and in many families it would be more to the purpose to provide a good leg of mutton, or buy a couple of fat barn-door fowls than expend from 5s. to 8s. on grouse, or in the purchase of pheasants, when these beautiful birds are in season.

Tastes differ so much that probably no three persons will agree as to the proper degree of “highness” which game should be permitted to attain before being cooked; but there are sensible men, and happily they are increasing in number, who are beginning to think it a mistake to keep either birds or venison, as has been hitherto almost always done, till they begin to “stink.” No bird, is so much spoiled by over-keeping as the pheasant, which, when sent to table in fine trim, is palatable in a high degree. Not that I advocate its being hurriedly trans-

ferred from the larder to the spit—certainly not, but I only echo good opinions when I say that pheasants ought not to be too long “hung.”

“When recently at luncheon in a country house,” says “Ellangowan,” “a couple of pheasants were placed on the table, and the conversation, opportunely for me, turning upon the cookery of game, I feel pretty sure that the fair *châteline* of that mansion was won over to my views of game cookery. At any rate, none present who ventured to join in the argument could give a reason for keeping wild animals till they become nearly putrid.” “No,” as Monsieur Blazé, one of the best sporting writers of his time, and an epicure to boot, used to say, “I do not eat the rotten bird; those who keep a pheasant till it can change its position without man’s aid must permit me *not* to be of their opinion.” We keep our game till it becomes “high” simply because our fathers and grandfathers did so before us; but, as a rule, all the wild animals we kill are so sufficiently “high” by their course of feeding as to render it unnecessary they should be kept for any great number of days. Many “authorities” have from time to time given their opinions on the subject of game cookery, but no dogmatic utterances are now offered as in the olden time, when even Sir Walter Scott was afraid to speak his mind on the matter.

That very sensible woman, “Meg Dods” (authoress of one of our best cookery books), was also somewhat averse to utter a pronounced opinion, but she goes so far as to say: “Necessity, and the vanity of producing at a dinner what is rare and far travelled, must first have introduced among clearly civilised nations the custom of *over keeping* game, till in time it came to be considered as essential to its perfection that it be kept till putrid, and that what has not flavour may at least have *fumet*.”

Alexis Soyer, in his day the celebrated *chef* of the Reform Club, was among the earliest to raise his voice against the system of keeping birds till they became high. To a friend of the writer’s

he one day, while enjoying a chat, made the following observations:—"There is a wonderful *gôût* in your bird" (grouse) "which baffles me; it is so subtle. It is there because of the food it eats, the tender young shoots of your beautiful heath; but it is curious, sir, that in some years these birds are better than in others. Once in about six seasons your grouse is surpassingly charming to the palate, the bitter is heavenly, and the meat on the fleshy parts short and of exquisite flavour, but in other years it is comparatively flavourless, and the attentions of my art will not improve it. In the year of its perfection I do eat one bird daily; roasted, and with no aid: no bread sauce, no crumbs; no chips, no nothing, except a crust of bread to change occasionally my palate. Ah, sir, grouse, to be well enjoyed, should be eaten in secret; and take my experience as your guide, do not let the bird you eat be raw and bloody, but well roasted, and drink with it, at intervals, a little sweet champagne. Never mind your knife and fork; suck the bones, and dwell upon them. Take plenty of time; that is the true way to enjoy a game bird. And, look you, do not allow your birds to be over-kept, because from the food they eat they are ready for the cook in three or four days after being killed."

I may just state before giving the following receipts that the chief object of all game cookery is to preserve the *gamey* flavour, and, in my opinion, it is not necessary to keep birds till they are—I speak plainly—"stinking" to ensure that. Some men like their game "very high," but there is a difference between a grouse being *high* and its being a mass of putridity. I only keep grouse myself for a matter of four days or so, which serves to let off some of the earthy flavour, and to intensify the bitter of the backbone, which is *par excellence* the "tid-bit" of the bird, as epicures know.

Of Roasting Venison. THIS is a fashionable dish at important dinner parties, but I don't think that many of my readers will care much about it; however, it is as well to say that it requires great care in the roasting. Some persons

keep venison so long that other persons won't eat it. In roasting it, the great thing is to take care of the fat; and to protect that, it must be covered over with a paste made of flour and water, and about half an inch thick. In addition to protecting the fat places, cover the haunch over with sheets of well-buttered paper, fastening them on with small skewers. A large haunch weighing twenty pounds will require to remain at the fire for at least five hours and a half; a smaller haunch of say sixteen or eighteen pounds will be done in an hour less. About twenty minutes before the venison is ready, remove the paper and paste, dredge the haunch with flour, and froth up nicely till it becomes beautifully brown; ornament the knuckle with cut paper, and serve hot, with plenty of red currant jelly.

Grouse Cookery. As a rule, this bird is best roasted. Draw and truss, with the head brought under the wing. Before a sharp, clear fire, grouse may do in twenty-five minutes, but the cook should, in this, study the taste of her master; some people do not like their birds overdone. Baste well and serve on toast, buttered and soaked in the dripping. Potatoes, cut very thin and fried in lard till they are of a delicate brown colour, ought to be sent to table with the bird, as also bread sauce. Serve hot. This is about all I can say regarding grouse roasting were I to continue writing for a whole page. A grouse is best roasted, and I prefer to see it well done, and not *bloody* as some do.

Snipe, Woodcock, &c. KEEP till they appear to be about "going," at least that is the way most epicures prefer them. Do not draw them, as the trail is considered a *bonne bouche*. Use plenty of butter to baste with, and lay slices of buttered toast in the dripping pan to catch the intestinal matter as it falls from the bird. A snipe or woodcock should "ready" in about twenty minutes. Dish on toasts with some kind of hot gravy, and serve very, very hot. A good accompaniment is fried bread crumbs (dry), and thin slices of lemon.

To Roast Wood Pigeons. DRAW these, before roasting them, and they ought not to be long in being used after being killed, as they are apt to lose flavour. Make a stuffing of liver and bread crumbs, with a little parsley and butter, and dust

the inside as well as you can with a good seasoning of cayenne and salt. They will do in about twenty-five minutes, and may be served with slices of buttered toast. Dust them well with flour, and baste industriously while roasting.

*Partridge
Cookery.*

I PREFER a partridge when it is cooked in the stewpan. Savoury Partridge is a famous French *entrée*, they call it *Perdrix aux choux* in France, as it is a dish made with cabbage. I obtained the following receipt from a hotel-keeper in Edinburgh:—First of all, prepare a brace of partridges, by dividing each into four pieces, which place in a stewpan along with a little good dripping, as also some slices of fresh pork, a couple of onions, and a clove or two to taste, set on the fire, and shake up occasionally till the birds begin to turn brown, when a breakfast cupful of good white stock may be added, likewise two or three small carrots, and a few sausages. You will have cleaned and prepared a nice savoy, cut into quarters and dusted with a mixture of pepper and salt, place with the rest, and shutting them up close let the whole simmer, shaking the pan occasionally, till thoroughly ready, say for an hour and twenty minutes or so. Take out the cabbage and make a bed of it in the dish on which to set the birds, which must have placed round them the slices of pork and the sausages. Pour over all the gravy (strained) in which they have been stewed. This is an excellent and appetising dish, with a fine bouquet, and the cook should take great pains in preparing and serving it. If preferred, the birds may be stewed whole, and variety of all kinds as regards seasoning may be indulged.

*Salmi of
Game Birds*

SALMI simply means a highly spiced preparation of some bird, as grouse or partridge. These, as also pheasants, make a capital salmi.

*Salmi of
Pheasant.*

TAKE the remains of a pheasant of which little has been used, and cut off all the best pieces in neat fashion, and place in a stewpan ready to go on the fire; then break up the carcase of the bird and all the unpresentable parts and stew them, bones and all, along with a few slices of onion, a little parsley, and some pepper corns, as also a glass of wine. After a minute or two add a pint and a half of white soup, and let the whole boil down to half or so, then strain the liquor into the stewpan in which you placed the

pieces of the bird, and place it on the fire for a few minutes without allowing it to boil. Lay the bits of pheasant neatly on a dish, and pour over them the hot liquor; place sippets of toasted bread around, and serve very hot. That is a salmi, and other birds may be done in the same fashion.

Hashed Pheasant. CUT the cold meat neatly off the bird, and stew the pieces, without boiling, however, in a gravy which you have made as follows:—Brown some flour and butter in a stewpan, a little of each, add a glass of port wine; half a pint of water and seasoning to taste, pepper, salt, mace, and clove, etc.; boil till it thickens, then place in the pan the pieces of the pheasant, and let them heat but not boil for ten minutes; place the meat on a very hot dish, straining the gravy over it, and serve garnished with fingers of toasted bread. This may be called a salmi if you please; it is another plan of preparing it.

How to make Grouse Pie. CUT six small grouse or four large ones into halves, keeping out the backbones to make the gravy; lay them on rump steak cut into about five pieces, and placed in the bottom of the pie dish; season highly with black pepper, salt, and a snuff of cayenne, then pour in a teacupful of soup stock. Cover the pie with puff paste, and bake for an hour at least. Stew the backbones of the birds with an onion, a bunch of herbs, and a little sherry while the pie is being baked; when it is ready strain the gravy into it—serve hot. The top ornament of the pie may be made as a moveable stopper which will admit of the gravy being added.

Partridge Pie. THIS pie should as much as possible contrast with that made from grouse, therefore line the pie dish with veal cutlets and a little fat ham. Prepare three or four small partridges, by cleaning them and cutting them in half, season nicely to taste with pepper and salt, throw in a few small mushrooms, and dust the whole with flour, then pour over all a breakfast cupful of white stock. Cover with paste—puff or pie crust—and bake for an hour. Serve hot. The birds may be placed in the pie whole, if preferred, putting inside of each a bolus of seasoning, made of butter, flour, parsley, salt and pepper. Glaze the pie with eggs if it be covered with puff paste.

A COLD game pie is usually composed of a mixture of game of many kinds well seasoned, and having poured over it plenty of savoury jelly. It is an economical way of sending to table game that has already been cooked ; pack it nicely in the raised paste case, season well with a very little cayenne and black pepper and salt ; see that there is plenty of jelly, and the dish—it is best when cold—will be a success for luncheon, dinner, or supper.

NOT many of my readers will probably trouble themselves to make a venison pasty, but I may as well include a formula for the making of such a dish in these receipts in case it may be wanted. A venison pie is made out of the bits that will not roast, as the neck, breast, etc. Shape the flesh into small pieces or chops as neatly as possible, cutting off all unsightly fringes, build the whole neatly in the dish, pouring over the contents such gravy as you have been able to stew from odds and ends of bits unsuitable for the pie. Season rather highly with the usual condiments, as also a little pounded mace and allspice, and if not objected to, a few very small whole onions or a large one cut in fine pieces. Some pour over the whole three claret glassfuls of red wine : port or Burgundy. Cover the pie with a well-made crust and bake for a little over two hours. A stand-up case may be used if preferred. The best plan is to stew the onions and the allspice in the gravy. The paste may be ornamented, but take particular care to ventilate as usual.

*General
Observations
on Game
Cookery.*

A LARGE expenditure of butter is necessary in cooking game ; a brace of grouse will require at least three quarters of a pound of fresh butter. Do not begin the grouse by placing them too near the fire at first ; heat them for three minutes or so at a distance, then place them nearer the grate and baste continually till ready. When grouse are required the day they are killed it is not a bad plan to bury them in the garden for five or six hours. Say you get a brace before breakfast, divest them of their feathers, and then bury them in earth tied in a thin cloth till an hour before they are required, which will help to ripen them for the spit. Snipe and woodcock should be done with buttered paper pasted over them.

How to Roast Hare. STUFF the animal, after it is drawn and wiped clean, with veal stuffing and its own liver chopped small, and then sew it up with a needle and thread. Do not dredge the hare, but baste it first with a little porter, or, as some prefer, milk. I prefer myself that the animal should be larded all over with thin stripes of fat ham, and basted with the dripping, with the addition of a little clean suet.

P O U L T R Y .

We will now proceed to consider the cooking of poultry, of which a large supply is annually brought to the markets, as many persons rear a few fowls either for their own personal use or for sale to their neighbours who would not think of adventuring on pig or cow keeping. Fowls are now dear, or rather expensive, like all other kinds of food. I do not wish to say of anything that it is dear in the sense of not affording value for the money paid for it—expensive better expresses my meaning. I can remember not very many years ago when a good large fowl could be bought for a shilling ; such poultry cannot now be obtained under three times that sum. The carriers in East Lothian used thirty years ago to collect poultry to carry to the Edinburgh market, levying a profit on it of about twopence a head, and many a fine pair of chickens have I seen my mother purchase for 1s. 4d. or 1s. 6d. These she used to feed for a few weeks before killing, till they became fat, fleshy, tender, and succulent. There is almost no kind of *meat* which is better for *food* than the flesh of a *fowl*. It is much used in sick-room cookery, and, as a rule, is more easily digested than any other meat. In short, it is an agreeable and nutritious article of diet, especially good for people who lead a sedentary life.

In the winter time, poultry will keep with advantage for a week without deteriorating ; in the hot days of summer, it should not be kept long. “ Kill it the one day and eat it the next day ” is about the best rule.

Fowls should be very carefully prepared for cooking ; plucking

should, if possible, be finished at one sitting ; see that they are smartly killed, and begin at once. The struggles, which last a little time after their necks have been broken, are merely convulsive and not fraught with pain. Pick out the pin feathers, and singe off the hair with a quick blaze of thin white paper ; take out the gall bag very carefully—*see that it does not break* ; if it does, your fowl is spoiled, as no washing will take away the bitter flavour which is imparted. Some people wash thoroughly, passing a stream of cold water through the animal. I do not myself care for that sort of washing ; a good wipe out with a dry coarse towel is what I prefer to give all fowls.

The chief modes of cooking fowls are to roast or boil them ; they can also be braised, stewed, curried, or made into a pie. It has been said of the turkey that—

“ Turkey roast is Turkey lost,
 Turkey boiled is Turkey spoiled,
 But for Turkey braised
 The Lord be praised.”

To Roast a Turkey. FIRST of all, see that the animal is well managed from the time it is killed till it is used ; if in winter time, see that the bird is kept in a place where it will not freeze. Now-a-days the poulterer, when a turkey is bought, sees that it is all right, that the sinews are drawn out of the legs, and that it is properly trussed and ready for the spit ; but a cook with some *smeddum* in her will learn all these matters for herself. I like to see the legs extended along the side of the bird rather than close together, and I prefer to cut off nothing but the toes, although that way of trussing seems old-fashioned. The fire at which a turkey is to be roasted ought to be clear and brisk, without ashes to kick up a dust. A very large turkey will take from three to four hours to do thoroughly, a ten-pounder will roast in two hours and three quarters. But *no exact time can be given*, as so much depends on the condition of the bird. Begin the roasting at a tolerable distance from the fire, seeing first of all that the animal is well dusted over with flour. After the first ten minutes put the bird nearer the grate, and after a full half-hour has elapsed it may be put still closer. In a basting

spoon, melt an ounce or two of butter, and commence basting as soon as the turkey begins to feel hot. If the breast part commences to brown too quickly, skewer over it a piece of paper in two plies to protect it. Baste assiduously. As the steam draws towards the fire, it is a sign the animal is about ready. When you have brought it to that stage, dredge it lightly with flour, and melt some *fresh* butter in the basting spoon, and finally baste so as to have a fine froth when dished. A Turkey is usually stuffed. Stuffing varies. Sausage meat, in other words sausages, may be used. Some stuff with minced collops well mixed with bread crumbs and a little taste of onion, pepper and salt of course, and if liked, an ounce or two of lean ham chopped up very small. Turkeys are sometimes stuffed with truffles; that way is of course rather expensive. Sausages nicely stewed are often served with the turkey; dress them round the dish. I have been plain and particular I hope with these instructions, because when once a cook has learned to roast a turkey she need not be afraid to tackle any other kind of fowl. The neck of the bird along with the gizzard may be boiled in order to form gravy.

*To Boil
Turkeys.*

HEN turkeys are the best for boiling. They are the whitest and, if nicely kept, tenderest. Of course the sinews must be drawn, and they ought to be trussed with the legs out so that they may be easily carved. Take care to clean the animal well after it has been singed. Place the fowl in a sufficiently large pot with clean water sufficient to cover it, and a little more; let the fire be a clear one, but not too fierce, as the slower the turkey boils the plumper it will be. Skim carefully and constantly, and simmer for two hours and a half in the case of a large fowl, and two hours for a smaller beast, and from an hour and ten to an hour and forty minutes for still smaller turkeys. Some people boil their turkeys in a floured cloth. I don't; the whiteness being mostly in the animal itself. My stuffing for a boiled turkey is thought good. I prepare it of crumbs of stale bread, with a little marrow or butter, some finely-shred parsley, and two dozen of small oysters, minus their beards, of course, and neatly trimmed. Stuff with this and a little chopped ham in addition if desired. As to the boiling, some put the turkey on with pure cold water, others prefer the water to be a little hot, and some have it boiling. As before explained, the one way (putting on with cold water) yields material for a rich soup stock, whilst if boiling

water is used the juice is preserved in the animal. Boiled ham or tongue may be served with the turkey. Be particular to skim assiduously. Some cooks place the skin of a lemon in the pot along with the fowl.

Barn-door fowls of all kinds may be either roasted or boiled in the very same way as a turkey. It is a question of time. A chicken will boil in about twenty-five minutes. A fowl will require a quarter of an hour longer. A capon takes about half an hour off and on. There is no rule but common sense for guidance. *Do not boil your poultry to rags!*

How to Roast a Fowl. A MODERATE sized one will take an hour, which will be a guide for those of other sizes. I like to plump out my fowls with good stuffing, made from the livers chopped up with bread crumbs and lean ham as also a little fine suet, well seasoned with pepper and salt. If you don't use the liver for stuffing put it under one wing, and the gizzard under the other. Season both with a little salt and a snuff of cayenne, and butter them well. See that they do not scorch, and also that your fowl is nicely and evenly browned all over—this is one of the tests of a good roasting cook; it is accomplished by means of attention to duty.

Most of the directions given for turkey roasting *Roast Goose.* apply to a goose. The stuffing for a goose may be made much stronger than for a turkey, in fact sage and onions are the recognised materials for the flavouring of goose stuffing. The real Jenny Wren stuffing is as follows:—An ounce of chopped onions, an ounce of chopped apples, an ounce of sage, a large breakfast cupful of stale crusts nicely grated, half-an-ounce of butter, the yolk of three eggs. Mix the whole thoroughly with some pepper and salt, and fill into the animal, but do not fill the bird too full; leave a little room, say a third, for the stuffing to swell. Two hours and a half should afford sufficient time in which to cook a pretty sizeable bird. Serve with apple sauce. Geese are in fine season in September and October.—*Another Stuffing.*—Four onions of good size, par-boil the liver and chop very fine, an ounce of undried sage, a breakfast cupful of mashed potatoes in which the yolk of an egg has been beat up, plenty of seasoning—that is, pepper and salt and just a dab of mustard—mix all well together and fill in. Some

old-fashioned people still serve a few thinly sliced raw onions with roast goose, and some pour into the bird after it is brought to table a couple of glasses of good port wine. A little sauce in addition to the stewed apples should be served with goose.—*Ducks* may be stuffed and roasted in much the same way as geese.

Braised Turkey. OF braising in general (any kind of meat), it may be said that it is just a more particular way of stewing. Have a deepish glazed pot with a very close-fitting lid. Prepare the turkey as for boiling, and lay it in the pot on a fleshy bed formed of slices of good ham, with slices of onion, carrot and turnip, and abundance of seasoning; cover with ditto, and also plenty of seasoning, salt, peppercorns, mace, and then bay leaves. Fix on the lid of the pot, so that it will fit tight, for on the keeping in of the steam, or *virtue*, as I call it, greatly depends the flavour of the dish. Do on a very slow fire, in which *bury* the pot! Glaze the turkey and garnish neatly. Serve hot. *Goose* may be treated in the same way, also fowls, likewise beef and mutton.

Broiled Chicken. PREPARE in the same way as for boiling, cut them in two through the back, and flatten them; place on a cold gridiron over a nice red fire. After a little time, when they have become thoroughly hot, set them on a plate or other dish, and lard them well with a piece of butter; pepper and salt them to taste, chiefly on the inside, then place them on the brander and continue turning till done—they will take fully twenty minutes. Serve hot, with a little dab of butter and plenty of stewed mushrooms—a delightful dish.

American Chicken. CUT in joints as if for a *fricassée*. Season well with pepper and salt. Line a pudding dish with slices of ham, and sprinkle with nicely chopped onions; lay in the birds, then pour over the whole a pint of white soup or veal gravy. Fill up the dish with rice, well packed in, and as high as possible. Make a paste of flour and water only, with a little salt, however, and cover the dish carefully. Don't forget to ventilate. Bake an hour and five minutes in a slow oven.

Fricasse of Chicken. DIVIDE in joints, scald and skin, place in a stew-pan, with two raw onions cut into eight parts, a little chopped parsley, salt and pepper, and the least squeeze of lemon juice. Add a bit of butter as large as an egg, and fill in a pint of water. Stew for an hour under a very close lid, then lift and strain off the gravy, into which beat gradually a teacupful of cream and the yolks of two eggs; heat up the gravy, taking care that it does not boil, and pour it over the fricasse.

Cooking by means of gas. DURING the last five or six years we have heard a great deal about cookery by means of gas stoves. I fear I have an old-fashioned prejudice in favour of the "open fire" as being by far the healthiest way of roasting big joints and poultry, as likewise game. Upon two occasions when dining with friends who, unknown to me, had adopted gas stoves, I at once discovered the fact, the turkey (it was Christmas time) had what I thought was a "tinny" flavour, and I said so to the lady of the house, who replied I was the second person who had said so, and she then stated that she had adopted a gas stove. On another occasion I discovered the same objection to a fowl which had been purposely cooked in a gas stove to see if I would "say anything." Since then I have examined several of the "stoves," and have no doubt of their usefulness. On the top of one of these erections stews, vegetables, soups, etc., may be cooked as well as on an open fire, but I do not approve of poultry or game being roasted in "enclosures," or in ovens; in fact I look upon a "baked roast" as being injurious to health. Gas-cooking stoves have, however, the great advantage of cleanliness in their favour, the dust of ashes being absent, which is something to be thankful for, but the first requisite of all cookery is that the food should be prepared in the way most conducive to health, and that requisite, in my opinion, is absent in meat and poultry that is roasted in ovens and other enclosures, no matter how ingeniously they may be constructed.

HOW TO COOK VEGETABLES.

ALTHOUGH large quantities of vegetables are grown in this country, as well as in other countries, for our tables, we do not I fear use them to advantage; and without our becoming vegetarians, it is thought we might, as they do in Continental countries, largely add to the variety of our dinners by introducing more of our garden and home produce.

I have long held these opinions. We are certainly far behind in vegetable cooking, compared with what can be seen on the Continent. We seldom, for instance, serve a dish of vegetables on its own account, that is, as a separate *entrée*. Vegetables are usually placed on the table with beef, mutton, etc., and it is not at all uncommon to see the same plate heaped up with beef, potatoes, peas, and cabbage! This is a mistake. One vegetable at a time is certainly quite enough. We do occasionally eat our asparagus as a separate service, as also our spinach and artichokes, but these are vegetables which only appear as a rule in houses where expense is no object. A dish of sweet young cabbage is of itself excellent, as also vegetable marrow, cauliflower, and Brussels sprouts, and such *entrées* are as much looked for during a Continental dinner as our service of sweets. It is in reality a serious gastronomic error which we commit when we huddle the vegetables on to the table that they may be eaten with roast or boiled meats, and never serve a dish on its own merits.

Custom decrees that ducks shall be eaten with green peas, that a dish of beans must be served with bacon, that scraped

horse-radish is a proper accompaniment to roast beef, that greens must be sent to table with salted rounds of beef, and that sheep's head and trotters must be accompanied, when it is at all possible, with slices of carrot and turnip. Be it so: I do not object. But let us try as well to introduce some of our finest vegetables as an absolute portion of the dinner, and not as a mere accompaniment of other dishes. As the "Original" (Mr. Walker) says, "I have observed that whenever the vegetables are distinguished for their excellence, the dinner is always particularly enjoyed." "With respect to variety of vegetables," continues Mr. Walker, "I think the same rule applies as to other dishes. I would not have many kinds on the same occasion, but would study appropriateness and particularly excellence."

This is undoubtedly a matter for study and combination, and affords room for a display of the cook's genius. It is a matter for personal attention, as it is conducive to real enjoyment, and has nothing to do with mere display.

Vegetables are in best condition during their natural seasons. By means of railway and steam transport the vegetables of other countries are brought here in abundance, but they are always dear and often flavourless when compared with those grown in our home gardens with no other effort than the pains necessary to have them good. Forced vegetables only suit forced tastes, and, like forced lamb, are dear at any price. The best vegetables to use are those which are just on the eve of becoming ripe, under conditions natural to the climate in which they are grown. There is now, happily, a large choice of vegetables suited for even the most economical tables, and as country growers know there is in most large towns and cities a demand for all that can be supplied, the "green markets," are kept well stocked.

PLAIN HINTS FOR VEGETABLE COOKERY.

In preparing vegetables for the table, let the following hints and directions be constantly observed :—

First of all, let the cook or housewife procure her vegetables as fresh as possible ; they cannot be too fresh.

Some kinds of potatoes and other roots will keep for a few days, as will also peas, beans, artichokes, etc. ; but, as a rule, the sooner vegetables are used the better.

All vegetables, before being cooked, should be well and carefully cleansed. The many-leaved should be thoroughly examined, and worms, caterpillars, slugs, or other vermin be picked off. In addition, they should be washed in abundance of water, and such portions of them as are decayed or worm-eaten, must be cut away.

Still further, to bring out such insects as may have been overlooked, let the vegetables lie head downward in salt and water (cold water) for an hour or so before they are required for cooking.

One of the greatest faults of a cook is to send vegetables to the table before they are thoroughly cooked. Nothing is worse for health than underdone vegetables of any description ; being difficult to digest, their presence in the stomach is speedily made manifest.

All vegetables except roots should be cooked in *boiling* water containing a good modicum of salt. They should be boiled quickly, the lid of the pan in which they are boiled being for the time removed.

Particular vegetables should be boiled alone, taking care that the pot in which they are cooked is thoroughly clean. A very small bit of soda, about the size of a pea, should be placed in the water to aid in preserving the colour of green vegetables, and to ensure tenderness.

If at all possible, the dinner should be so timed as to admit of the vegetables being served the moment they are cooked, fresh

from the pot. Nothing looks worse at table than a mass of sodden green stuff.

When vegetables are sufficiently done, they fall to the bottom of the pot, and if kept in water after that, they at once begin to spoil.

Roots, such as carrots, turnips, parsnips, etc., intended to be served with boiled meat, should, when possible, be boiled with it, especially if the meat to be used has been salted. The boiling must be so timed as to admit of the whole contents of the pot being ready at the same time.

Be particularly careful in dishing to drain off the water in which vegetables have been boiled.

Having delivered myself of these general remarks, I shall now give a few receipts for the boiling of different vegetables :

Cooking Spinach. SPINACH forms a delightful supper vegetable, that when in season may be served on toast with poached eggs. After picking it, wash in several waters. Place it on the fire in boiling water in which has been dissolved some salt ; it will take eight or ten minutes to become tender, after which drain off the water, take out the spinach, and further press and drain in a sieve, then chop up very fine, and restore it to the stewpan, in which has been placed two or three ounces of melted butter, as also salt and pepper to taste. Let it stew for a minute or two, then serve tastefully on a flat dish or on pieces of toast. It may be flavoured, if desired, in various ways—by the squeeze of a lemon, by adding some gravy, or with a spoonful of cream, or with mace or nutmeg.

Cauliflower and Broccoli. THE heads chosen should not be too bulky, say about six inches across the top, the flower being compact and firm, of a healthy appearance, and of good colour. Trim the heads neatly by cutting off the outer leaves and paring down the inner ones also, cut the stock close into the head. After this preparation has been undergone, steep the cauliflower or broccoli for an hour or two in well-salted water, then put it on to be cooked in a pan containing a drainer, so that when done it may the more readily be lifted out. The best way of boiling is to place these vegetables in the pot heads

down. After a time try them with a fork, which may be stuck in the stem; if they feel quite soft they are ready. Dish at once. Some cooks maintain that the flowers should not be strongly done, so that they may be crisp. This is a great mistake, as cauliflower so prepared is very hurtful to the stomach. Serve cauliflower with melted butter. Small heads may be served on buttered toast.

Cauliflower with Cheese. BOIL a large stock of cauliflower till quite ready, and take care not to break it in dishing. Dust it well with grated cheese (Parmesan for choice), and pour over it a little melted butter, then cover it with grated crust of bread and more of the cheese, and finally colour with a salamander (or red-hot poker very clean). Serve with egg sauce in the dish round the vegetable. These directions will serve as the basis of a dozen different ways of dressing this fine vegetable, which may be sauced and seasoned to taste with mace, white pepper, and salt.

How to Cook Asparagus. THIS is a much-relished vegetable, and is in great demand in the spring and early summer. It is very easily cooked. Scrape the white or root portion a little, and throw each stock as done into a pan of cold water; after that tie them up in bundles, as uniform in length, thickness, etc., as possible, so as to ensure their being equally cooked. Place them in a pan of boiling water, with plenty of salt. Allow them room to boil, and let them be quickly done—from twelve to sixteen minutes ought to see them ready. Serve neatly on toast; pour over the whole plenty of melted butter.

Turnips. THESE are easily cooked. Select the fine pale yellow juicy kinds. Pare away the roughest portions of the skins. Boil till ready, and note that they require a long time to cook, from three-quarters of an hour to an hour and a half, according to size. Swedish turnips will take about double the time. Turnip-tops are excellent, and of delicate flavour when young.—*Mashed Turnips* are delicious and are easy to prepare. When boiled as directed, mash them in a colander, after that return them to the stewpan, and let them be well heated, adding a little fresh butter, as also salt and pepper to taste. Place them neatly in a dish, and score in diamonds.

Artichokes. TRIM off the coarse outer leaves, wash in abundance of cold water, boil in well-salted water, with tops reversed, adding more boiling water as required, and for as long a time as may be necessary—probably two hours in the case of old heads. To keep them well in the water, place a plate upon them by way of weight. Try to find out when they are sufficiently done by pulling out a leaf. If it comes away easily they are ready. Serve on toast, soaked in hot water.

*Cabbage,
Greens, &c.* PREPARE these much in the same way as cauliflower, by cutting off all the outer and superfluous leaves, and put on with plenty of boiling water in an open pot. Put salt in the water, and add a morsel of soda. Divide or quarter very large cabbages, and tie straggling ones together to keep them in shape.

*Parsnips and
Carrots.* THESE roots must be boiled, and in doing so it is advisable to change the water. Previous to cooking them, see that they are thoroughly clean and lightly scraped. These vegetables are usually served with boiled beef and mutton, being placed round the meat as a garnish.

*Carrots a la
Flamande.* PREPARED as follows:—Clean and slightly scrape, and then boil a number of fine carrots till they become tolerably tender, cut them then into chips or dice, or into any fanciful shape, and stew in melted butter, with a few thin slices of onion, some chopped parsley, salt, and pepper. They will take in all one hour and a-half to cook. Serve hot with sauce poured over.

*Carrots a
la Reine.* CUT some large carrots into pieces, which shape as pyramids, flat at one end, and sharp or round at the other. Boil until tender, then stew them standing in a shallow saucepan, with some good gravy, serve on small pieces of toast, with gravy poured over. An hour and a-half will be required to do this.—Some persons are fond of eating this vegetable cold with cold salt beef. Turnips are excellent in cases of scurvy or consumption, and, speaking generally, are good for invalids. In Russia raw turnips cut into thin slices are served as a whet before dinner.

Haricot Beans ARE excellent. Soak them for a night, or at any rate for a few hours, in cold water. Stew them in cold water with a portion of salt, till they are quite tender, after which pour off the water, and set the pan at the side of the fire in order that the beans may dry; after that shake them up, and add an ounce or two of butter, with pepper and salt to taste, or they may be saturated with hot gravy or good soup stock. They are very good either way.

Onions. As can be gathered from receipts for Soup and Meat Cookery of all kinds, onions are extensively used, and, for that reason, I only give the following formulas for their use in separate dishes:—Stewed onions on toast form a delightful supper dish. Procure half-a-dozen good-sized Spanish onions, which wash, peel and trim neatly, but be particular in seeing that the tops are not cut too short. Blanch them in hot water, then dry them, after which, sprinkle each with a little pepper and salt; next lay them side by side in a shallow stewpan, placing in it a few pats of butter, and dusting over the whole a dessertspoonful of brown sugar. Set the stewpan on a gentle fire, and cook till the onions are prettily browned; then pour over them good gravy, and let them simmer till tender. Serve very hot on slices of toast, pouring the gravy over them. It will take fully an hour and thirty-five minutes to cook the onions; take care they do not *fall*.

Baked Onions (stuffed). FIRST of all clean and trim two very large Spanish onions, parboil them, and then lay them on a reversed sieve to drip. Meantime prepare the following stuffing:—Take about three ounces of breadcrumbs, the yolks of two eggs hard boiled, chopped, one ounce of grated Cheshire cheese, pepper and salt to taste, mix all well together with a spoonful or two of gravy (or milk if preferred), cut the onions in half, scoop out the centres, fill with the forcemeat, and bake them in an oven for fully three quarters of an hour.

Time in Boiling Onions. As a rule large Spanish require four hours to do, moderate sized ones two-and-a-half hours, small ones two hours, old English onions must have two hours, young ones an hour and a-half; take off a layer or two of the outer skins, and soak for an hour or two. Put on with boiling water.

Spanish Onions.

THESE may be cooked in a variety of ways. Here is one way of rendering them palatable. First of all parboil them (they should not be peeled) in well salted water for fully half an hour, then take them from the pan and let the water drain from them, after which place them on a tin or in an oven till they are well cooked. Serve on toast, and eat with cold fresh butter and seasoning of pepper and salt to taste. Spanish onions may also be stewed in soup stock or beef gravy. Peel them, and place them in a shallow saucepan large enough to hold them side by side. If preferred, they can be slowly stewed with a little butter. Let them be thoroughly done, and then serve them very hot. They will require about two hours to make ready. Pepper and salt them to taste.

Leeks.

THESE are best made into soup, but I may say that once, while in Belgium, I partook of an excellent dish made of fat leeks, cut down, stewed in sweet milk or cream till soft, well seasoned with nutmeg, pepper, and salt, and baked in a thin paste gathered up at the corners, and fired for half an hour in an oven.

Boiling Potatoes.

SHE is a good cook who can well boil a potatoe ; for it is, simple as it seems, a difficult achievement. The following is the Irish way of boiling potatoes in their jackets :—First of all, wash and cleanse them thoroughly from all earthy matter, and be careful to select those of about the same size for the same boiling, so that all may be equally well cooked. A hard brush is most useful in cleaning potatoes. Place the potatoes in a stewpan or goblet, and let them just be covered with *cold* water ; a good portion of salt ought to be placed in the water, as it adds to the savouriness of the potatoes ; bring them to the boiling point on a brisk fire, after which draw the pan a little on one side. Keep the lid on the pot. Ascertain when they are ready by probing them with a fork. When the skins are just about to crack, pour off the water and let them stand by the side of the fire with the lid *off* the pan till they are thoroughly dry. It is all a matter of taste whether they should be peeled or not before being sent to the table—peeling them at table creates a great mess, especially where there are children. If the potatoes are not very large they should be easily ready in about half an hour. When fresh lifted, they will cook a little sooner.

Mashed Potatoes. HAVING thoroughly washed and pared off the skins, and cut out the eyes and all blemishes, boil the potatoes, putting a good allowance of salt in the water. When ready, take care they do not fall; pour off the water, and then let them dry for a couple of minutes with the lid off. Put in a piece of butter and a very little milk, and mash the lot with the potatoe "beetle" till they are quite smooth and free from knots. Dish in a corner dish, and brown them before the fire before sending to table. To ensure equal boiling, select potatoes all of one size; at any rate, cut large ones in pieces.

Baked Potatoes ARE much esteemed by some persons. Let them be thoroughly washed, and then brushed with a hard brush. Do not peel them, as the skin is thought by many to be well worth eating. They will bake on the sole of a moderate oven in about one hour, during which time they should be often turned. Serve in a hot dish, covered with a napkin; eat with butter, and season with pepper and salt to taste.

Fried Potatoes. THESE form a favourite dish in many households, but very few persons can fry them nicely; they are often sent to table saturated with the fat or oil in which they have been fried. Cold boiled potatoes are easily fried, and the lard or dripping in which they are cooked should be very hot; in a minute or two they will be as brown as desired. As they become ready place them on a wire sieve to drip. Serve on very hot plates. Raw potatoes should be cut down into slices not thicker than a shilling; they will require about seven or eight minutes to fry in a good panful of boiling dripping. They should be well drained from the grease before being served, and may be lightly sprinkled over with table salt. Potatoes done in this style are called *chips*, and are much relished with game, and abroad are often eaten as a portion of the breakfast.

As soon as they have been shelled, wash them *Green Peas.* slightly in cold water, and then drain them thoroughly, after which boil them fast in a sufficiency of boiling water, in which a little salt and a morsel of brown sugar has been already dissolved. Very young peas will be ready in about ten minutes, older kinds will take from fifteen

to twenty minutes. Some cooks place a sprig or two of mint in the pot along with the peas.

THESE are extensively used to flavour or augment *Mushrooms*. other dishes, but sometimes they form an *entrée* on their own account. The following ways of cooking will indicate what may be done with mushrooms.

FILL the cups of the mushrooms with a seasoning, "*Au gratin.*" which may be made as follows, namely, with grated ham (a pretty fat slice) two ounces or so, shred onions, parsley, thyme or mace, as also pepper and salt. Add the yolks of two beat eggs and simmer with a little butter for six minutes or so. Meantime prepare the mushrooms by washing and skinning them, and cut out the stalks, which, by the by, may be stewed in the seasoning. Dredge over the mushrooms with crumbs, place them on a baking dish, fill them with the sauce, and ready them in an oven; they will be cooked in from fifteen to eighteen minutes. Serve on the baking dish, which place on an aisset. Brown sauce, very hot in a sauce boat, may be offered with them.

Fried Mushrooms. VERY small, or as they are called, button mushrooms, are best to fry, two or three ounces of butter will be sufficient. When about done, shake the stewpan well, so that they may imbibe the fatty matter; season with a little salt and a pinch of cayenne. See that they are all well done, and serve them hot on pieces of buttered toast.

Baked Mushrooms. PLACE some large flat ones nicely cleaned and trimmed on thin slices of well buttered toast, putting a little nudgel of butter in each, as also a snuff of pepper and salt; lay them on a baking tray, and cover them very carefully; heap the hot ashes upon them, and let them bake on the hearth for fifteen or twenty minutes.

Grilled Mushrooms. THE large flat kind are best for grilling. Skin them carefully, and then place them in salad oil to stew, with pepper and salt. In an hour take them out and let them drip for a little, after which they will be ready to grill. Broil them for about fifteen or sixteen minutes,

constantly turning them all the time. Serve with a sauce of melted butter and parsley.

How to Curry Cabbage. CLEAN a nice grown cabbage, remove its outer leaves, and then chop up what remains into very small pieces; fry with butter for a minute or two, after which transfer to a stewpan, in which curry to taste has been rubbed into a breakfast cupful of diluted soup stock; add a little salt and pepper. Stew till ready; let it be well done.

French Beans in the Pod. TRIM the beans nicely by cutting off stalks and strings. Very large pods should be cut in two lengthways. Steep the pods in a weak solution of salt and water for half an hour. Boil them, and when ready—that is tender—serve with melted butter. When to be eaten with *entrées* and roast meat, serve plain with a squeeze of lemon over them.

Celery. STEWED Celery is an excellent winter dish, and is very easily cooked. Wash the stalks thoroughly, and boil in well salted water till tender, which will be in about twenty minutes. After it is made ready as above, drain it thoroughly, place it on toasted bread, and pour over it a quantity of sauce. A sauce of cream, seasoned with a little mace, may be served over the celery. It may also be served with melted butter.—*Another Way.* Clean and trim a couple of sticks of the celery and chop it up into dice, boil gently in as much milk as will cover it, say half a pint, till it is tender, then drain off the milk and thicken it with a little flour and butter, restore the celery to the milk, season with pepper and salt, boil the whole for a few minutes, and serve with sippets of toast.

The Celery Cure of Rheumatism. So far as I am aware, only the most vague statements have been published regarding the celery cure of rheumatism. I wish to give some particulars here regarding the remedial virtues of celery, and above all I wish to state that celery was known in East Lothian as “an auld wife’s cure” some sixty years ago. The coachman of Mr. Dunlop, the then well-known distiller, having been greatly eased of his “pains” by drinking celery tea—which was simply a decoction of celery seed—and as the poor man had been treated in Edinburgh Infirmary without obtaining

much relief, the fame of his wife's celery tea spread, at the time, far and wide; and there will doubtless still be persons living about Haddington with memories of this cure as then known. I forget what poet it is who speaks of

“——good celery
With its virtues still unnumbered.”

or whether he mentions its virtues in cases of rheumatic affliction, but I know he speaks of it as “the friend of gluttons,” and presume he must have had a more than ordinary knowledge of its dietetic properties. Celery has hitherto been known to cooks and housewives as a flavouring material for soups and stews, but it has always been used in moderation; “Meg Dods” even gives no more than half-a-dozen receipts for its cookery. As a salad ingredient celery is well known, and its dry and crisp stalks, cleaned and split open, form an excellent accompaniment to a luncheon of bread and cheese. Celery is in season from October to March, and when the roots cannot be obtained the seeds may be used for flavouring, or may be infused to provide a liquor for persons afflicted with rheumatic pains. With regard to this vegetable as a dietetic remedy for the pains in question, I am able to say, on unquestionable authority, that it is a curative agent of the highest merit. Some persons have been forward enough to say that the celery cure is simply “Quackery,” but I am prepared to show it is nothing of the sort, knowing of cures about which there can be no possible mistake. I feel quite certain that the thousands of persons who are afflicted with rheumatic pains will be only too glad to learn that there is a cure so simple as is represented in the eating of celery. I am not learned enough in medical matters to be able to define what rheumatism really is, or how it originates. I know, however, that some 4000 or 5000 persons annually die from it. Mr. Ward says:—“There is a ready, though delusive, excuse for rheumatism, rheumatic fever, and rheumatic antritis. It is attributed to wet, or damp, or to a cold. Now, neither wettings, nor dampness, nor a cold can produce rheumatic fever or rheumatic sufferings. The blood must first be acid. Nature struggles with the evil, and throws off the cold with the perspiration, which is strong enough to dissolve gold, as the black mark on a lady's neck under her gold chain testifies. But at last a chill comes from a wetting, or in rushing from a heated room, and standing or riding in the air at a low temperature, and

there is no escape for the acid from the blood, and then a fever burns within, and probably a weakness is set up that nothing ever removes." This extract may just be taken for what it is worth. I do not profess to be a physician out of the kitchen. The following is the best way of preparing celery:—First of all wash and clean it well in two waters, having previously cut off the rough parts of the green stuff. Chop one half of a stick, divided lengthways, into half-inch pieces, and set it on the fire to stew, in a liberal supply of water. Let it simmer till pretty tender; preserve the liquid in which it has been stewed, and drink it; it is not in the least degree disagreeable to the palate. Finish the stewing of the vegetable by mixing a table-spoonful of flour in half a pint of sweet milk, and add that to the celery. Let it heat thoroughly, but do not let it do more than come to the boil. Pour the whole over a slice of bread toasted and cut into small pieces. Take this once a day, or even twice for the first three or four days; it is excellent food, even if it were not a cure for rheumatism. "Celery cooked," says a recent writer, "is a very fine dish, both as nutriment and as a purifier of the blood." "While the blood is alkaline there can be no rheumatism and equally no gout," says another writer. Let that be as it may, I hope what I have stated above will prove useful in cases of rheumatic pains. The cure is a simple one; it is not expensive, and, if it accomplishes no good, I feel sure it will do no evil.

*Dressed
Cucumber.*

THIS is sometimes served with salmon. Pare the cucumber, and cut it into the thinnest possible slices, beginning to cut from the thickest end; lay these on a flat dish, and serve with pepper and vinegar, as also a little salad oil to taste. If approved of, cucumber dressed in this fashion may be given as salad if there is nothing better.

Stewed Cucumbers.—CLEAN, pare, and slice one or two cucumbers. Remove the seeds. Stew these in a soup stock, with seasoning of cayenne, salt or common pepper. Dish the vegetable. Skim the liquor in which it has been boiled, and pour it over the cucumber.

Sea Kale.

THIS vegetable should first of all be well washed, after which tie it into small bunches, and place it in well salted *boiling* water; it will require fully a quarter of an hour to cook. After removing it from the pot, drain off the water, and serve with melted butter poured over it,

or on buttered toast with white sauce. Sea kale may also be stewed in good gravy or soup stock, being first parboiled for a few minutes. Serve with a portion of the gravy in which it has been boiled.

THIS fine fruit has during recent years come *The Tomato.* greatly in vogue, and considerable quantities of it are being sold throughout Scotland, where it is now being largely cultivated. A few years ago it was scarcely known among us, and was only in demand for the gratification of palates, the owners of which had discovered its excellence; to-day the Tomato furnishes a portion of the stock-in-trade of every dealer in fruit and vegetables, and happily, it is a fruit which can be obtained in perfection all the year round, much of the supply being grown at home; England also contributes, and various foreign countries, Spain, Portugal, the United States and the Canary Islands all grow for us, but our own home-grown Tomatoes are most appreciated and command a readier sale and a better price than the imported varieties. The fruit in question is also credited with various medical properties, and its use has been advocated of late as an aid to digestion.

Tomatoes and Cabbage. BOIL nicely a good cabbage, chop it up into fine pieces, then add some tomatoes and boil together for a few minutes. Season to taste with salt and pepper. Tinned tomatoes may be used.

Stewed Tomatoes. STEAM for ten minutes or so in a close saucepan half a dozen of cut tomatoes with a few pats of butter and pepper and salt. Then pour over them a teacupful of brown gravy, into which has been mixed two finely chopped onions. Stew till about ready, and then stir in a handful of boiled rice, which let simmer for a couple of minutes, and serve hot. The fruit may also be stewed whole.

Baked Tomatoes. PLUNGE the fruit overhead for a minute in boiling water, then skin them carefully, and take out the seeds by a cross cut; fill in the seasoning into the cross cut; it should consist of pepper, salt, cayenne, grated nutmeg, flour, and butter made into a paste. Bake in a brisk oven on an earthenware dish or on a tin. Serve each tomato on a piece of hot buttered toast with a squeeze of lemon.

Canned Tomatoes. WHEN a tin is broken open no time should be lost in using the contents, as the admission of air is apt to spoil the vegetable. The following is a practical way of preparing the tomatoes:—Take, say, the contents of half a tin, and place in a stewpan to heat with a little morsel of butter, taking care to stir well; meantime, take a tablespoonful of flour and mix with water till it is about as thick as cream, and after adding pepper and salt, place in the pan with the tomatoes, and allow the whole to come to boiling heat, taking care to stir well for a time. Pour the whole over a few half slices of buttered toast, just as is done in the case of a Welsh rarebit. This is an excellent *entrée* for summer time. Half a tin will be sufficient for a helping to four persons.

Tomato Curry. I CAN recommend this dish as being tasteful and inexpensive, and not difficult to prepare. Bake or stew half a dozen or more good-sized tomatoes; when ready, mash them through a sieve, add a teacupful of curry powder well diluted with flour and water. Serve hot with or without rice. A well-chopped onion may be included in the preparation.

Vegetable Marrows. THESE are delightful when sliced and fried for ten minutes in butter. Before being fried they may be dipped in a batter of flour and water, seasoned with a little salt. Vegetable marrows may be also dressed as follows—Boil one, and when it is about ready cut it in pieces, which place in a fresh saucepan, covered with soup stock, either white or brown; add a little salt in stewing. Serve in a deep dish when thoroughly tender. Vegetable marrows are very nice plain boiled, and served upon buttered toast. Peel them and cut them so as to be able to remove the seeds. Marrows will take from twenty minutes to an hour to boil, according to size and age. After being parboiled, they may be sliced down, dipped in egg, and then rubbed among bread crumbs, and fried; serve them as hot as possible.

Vegetable Marrow Soup. CLEAN and peel half a dozen small marrows, cut them into slices, and boil in a quart of well-diluted white soup stock; pulp down the marrow, and squeeze through a sieve into the liquor; add a little of the stock undiluted; boil the whole for half an hour;

season to taste, and serve hot. A little cream may be added if desired, and the soup may be finally strained as it is dished, and a few half slices of crisp toast crumbled into the tureen.

How to Fry Parsley. Do it smartly in a frying-pan, after washing and carefully drying it. Let the fat in which it is fried be very hot. Stir till the parsley is crisp, then drain off the fat. Parsley done in this way is used as garnish for various dishes.

A Hash of Vegetables. LEFT vegetables may be utilised by being fried with a little butter, adding a few very thin slices of onion to sharpen the flavour. Put a table-spoonful of gravy in the pan. Season to taste. They will be ready in from twenty minutes to half an hour.

Vegetable Pie. LINE the pie-dish with a paste made of flour and boiled potatoes, mixed with a small bit of butter; place on the bottom a layer of large kidney beans (peeled, of course); fill up with carrots cut in pieces, as also a few slices of turnips, chop up a large onion, and sprinkle over the contents. Add a little of the liquor in which the vegetables have been parboiled, say a couple of carrots, a few beans, a turnip, and an onion. Cover with more of the paste indicated, and bake till ready. The vegetables may be parboiled before being placed in the pie-dish. This is a really good pie of its kind, and is palatable and wholesome. The contents may be varied with vegetable marrow and other vegetables to taste.

Curried Vegetables. THESE may be tried as a way of adding variety to vegetable cookery. Stew a few onions and a stalk of celery cut in pieces, with the flowers of broccoli or cauliflower till nearly ready. These may be simmered in a little diluted soup stock. Take out a teacupful of the liquor, and mix in the curry powder, say a dessert spoonful, which add to contents, and then continue stewing till well done. Serve with a border of rice round the dish. The above is purposely a very rudimentary receipt, so that the cook may exercise her ingenuity. The vegetables may, for instance, be first of all fried in a little butter, with a sprinkling of flour over them, and before serving, a dash of lemon juice may be added. An apple chopped into dice may also form a portion of the dish.

*Vegetable
Stew.*

THIS can be managed after the following fashion. Take spinach as much as is required, clean and pick it carefully, and wash twice at least ; add to it a handful of picked parsley, and a few onions cut into dice ; sprinkle the mixture well with pepper and salt, and then place in a stewpan ; cover with soup stock, thickened with flour and butter ; simmer on a moderate fire till well done. Other vegetables may be similarly treated, particularly cauliflower or broccoli, also vegetable marrow, etc.

*“Vegetari-
anism.”*

VEGETARIANISM has of late been having a good innings, its virtues have been actively held up to the public in the newspapers, and a large number of new pamphlets in praise of the system have recently been issued. I am neither a total abstainer from intoxicating liquors nor butchers' meat ; on the contrary, I have always maintained that a temperate use of flesh, as also of wine and beer, is good for both body and mind. It is the abuse, not the use, of the good things of this world that leads to crime and disease. Too much drink makes the drunkard, and too much meat the glutton ; let us eat and drink temperately, and no bad results will follow. I have often stated in so many words that we all, even the more temperate among us, eat and drink far too much for the sustenance of our bodies and the good of our mental health. It has been proved over and over again, that a daily allowance of a few ounces of peas or beans would keep the body alive and healthy, and that by the addition of an ounce or two of other alimentary substances sufficient force would be communicated for any amount of work which required to be accomplished ; but I fear most of us lack the courage to submit to such a Spartan-like way of life as would be implied in so little eating and drinking. As a rule—that is, as a nation—we “go in” for having our four meals a day “regular,” and at these refectations more or less butchers' meat is eaten ; in some families fish, flesh, or fowl is placed on the table at every one of these meals—breakfast, dinner, tea, and supper. Cold meat at the latter meal, indeed, is a fashion, and a very bad fashion it is ; if supper must be taken, it should be in the shape of some very light and easily digested food, of which only a very small portion should be used. Although I am not a vegetarian I am nevertheless a zealous advocate for the consumption of that kind of food. A dinner of vegetables, once a week, would be

very good for the stomach ; changes of food are wholesome. It is claimed on behalf of those who confine themselves to the use of vegetable food that their intellectual vision becomes clearer, and that the senses of sight, smell, and touch become more acute and the body and mind more active ; but these I maintain are all well-known attributes of temperate living, and not of any "ism". Canon Beadon, who died lately at the advanced age of over one hundred years, was not a vegetarian ; and as for our intellectual men, I am not aware that either Thackeray or Dickens confined themselves to a vegetable diet. I know that Sir Walter Scott did not do so ; neither, I think, did the venerable Thomas Carlyle, who was fond of a slice of "moor mutton." As regards the "ism" of the question, I cannot logically see why we may not eat a slice of good ox beef. An ox is certainly an "out and out" vegetarian, a clean feeding animal, living usually on the best of grass and turnips, and therefore, I maintain, like a sheep, good for the food of man in an eminent degree. There are, however, many excellent persons who live entirely upon a vegetable diet, and who recommend others to do the same ; those who desire to do so may rest assured that hundreds of excellent dishes can be "composed" from fruits and vegetables—dishes that will keep the body in health and give strength to the system, and as the more enthusiastic among them say, add to the number of man's days upon earth.

Beetroot. IN washing it be careful not to cut it, or wound it in any way, or it will at once lose its colour. A large root will require at least three hours to boil ; may then be cut in slices and have melted butter poured over it.

Stewed Beetroot. CLEANSE and then boil till it is about tender. Then skin it and cut in slices, stew gently in water thickened in flour and butter for an hour. Season with a litte vinegar, and pepper and salt to taste. Serve with a garnish of small onions well boiled and some of the gravy.

Salsify. THE root of the "purple goat's beard," or Oyster Plant, is coming into fashion and may be cooked in various ways, One way is to boil the roots tiil tender, then to mince them very fine and make them into little

cakes with butter; fry for a few minutes in good lard. They can be cut in pieces; and after being boiled in salted water and drained, may be sent to table on buttered toast.

THESE are frequently boiled in early spring as *Turnip Tops*. "greens." Cut off all decaying leaves and wash carefully in at least two waters. Boil in plenty of boiling water, salted. The turnip tops may be treated as spinach. In all cases drain and press in a colander before sending to table.

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Most of the dishes given in this section are suitable for *maigre* days and for "vegetarians."

SALADS AND SALAD-MAKING.

SALAD-MAKING must be esteemed one of the fine arts of gastronomy ; moreover, it is a fine art which few understand, and still fewer take the trouble to learn. There are many excellent cooks and confectioners who, while successful in other matters, fail sadly in making a presentable salad. Some there are who fancy if the salad matter be well washed—that is, the vegetable portion of it—and be sent to table clean, it is all that is required. But such a way of settling the question of a salad is, of course, highly erroneous—a mere “hash” of chopped lettuce and bits of radish is *not* a salad. A salad, as a whole, is a thing of taste, a dish compiled with care, after having been carefully thought over. It may or may not be an elaborate composition ; it may, indeed, be exceedingly simple, but the more simple it is, the more need is there for care in making it ; and after it is made, it should be esteemed perfect, just like French-made soup which is complete before being sent to table ; nothing more horrifies the *chef* of a French establishment than to season over again his compositions.

Salad-making, when a perfect creation is desired, depends upon the season of the year for its success. A salad can be composed from a few leaves and roots, it may have a basis of lettuce, dandelion, celery, radish, tomato, beets, cress, or onion.

A salad concoctor must make sure of his oil. It should be the choicest that can be procured from Lucca, nor should those entrusted with the compounding of the dish be sparing of it—a spoonful or two of oil is a far better lubricant for “green meat”

than a pint of well mixed milk and mustard. A sprinkling of salt must be used, and the whole ought just to be made aware that there is such a liquid as vinegar. When you have procured your lettuce and other vegetables, take care that they are clean, but do not saturate them with water ; the best way is to separate the leaves, and dust them with a feather or fine brush ; failing either of these, a fine linen cloth.

A salad must be mixed in a bowl—I prefer myself one of hard wood, nicely made—and the best mincers are a wooden knife and fork, used along with a horn spoon. The vegetable matter should be lightly laid in the bowl, which, if a wooden one cannot be obtained, may be made of china or crystal. A china punch-bowl will be quite suitable. As the green leaves are placed in the chosen receptacle, sprinkle them with the oil. Be chary of hard-boiled eggs and exceedingly sparing of the vinegar, and remember that a salad of the kind I am treating of is not a “mayonnaise.”

What I wish to teach is how to fashion an every-day bowl of salad of green stuff that lies light in the dish, which can be stirred up from the bottom as it is being served, and when eaten will not feel heavy in the stomach. There are, of course, other ways of making salads to serve as show dishes, but these attempts at vegetable architecture require a vast amount of manipulation, and are not always successful in a sanitary point of view. Foreigners put many dishes on the table as salad that we do not recognise as such, although it would be well if we oftener copied the French in this respect.

THE MODERN SALAD.

The modern salad was rendered popular by a French refugee named D’Albignac. The story is as follows, and is worth repeating; it was originally told by that prince of epicures Brillat Savarin :—

“Although his means were very limited, Albignac went to dine in one of the most famous taverns in London. Whilst finishing his succulent beefsteak one day, there were five or six young dandies of good family regaling themselves at a neighbouring table. One of them came to him and said very politely, ‘Your nation excels in the art of making salads; will you be so good as oblige us by making one?’ Albignac consenting after a little hesitation, the gentlemen ordered all that was thought necessary for the expected masterpiece. The Frenchman used his best endeavours, and had the good luck to succeed. Whilst studying the ingredients, he answered frankly all questions about himself. He said he was an emigrant, and admitted, not without some natural shame, that he was receiving assistance from the English Government—a circumstance which no doubt authorised one of the young men to slip into the exile’s hand a five-pound note and insist on his keeping it. D’Albignac had given his address, and some time after he received a very civil note requesting him to come and mix a salad in one of the finest houses in Grosvenor Square. D’Albignac arrived punctually, after furnishing himself with some special seasonings and maturing his plans. He had the good fortune to succeed again. The first party for whom he had manipulated had circulated among their friends the merits of his salad, and the second company made so much more noise about it that D’Albignac’s reputation was at once assured. He became known as the fashionable salad-maker, and required a gig in order to keep his appointments, as also a servant to bring in his mahogany case, containing the ingredients of his business, such as vinegars of different flavours, oils with or without a fruity taste, sage, caviare, truffles, anchovies, ketchup, gravies, and even hard-boiled eggs. Later he got cases made to order, furnished them completely, and sold them by hundreds. In short, having diligently carried out his plans with sense and discretion, he came to realise a fortune of more than 80,000 francs; and returning to his own country when peace was restored, he invested 70,000 francs in the public funds

—then selling at 50 per cent.—and the rest in a small estate in Limousin, his native district; and, for ought I know, he still lives there, contented and happy.”

In my opinion, the art of mixing a salad ought to be one of the accomplishments of a lady. I do not mean here the word “mixing” as it was meant in the old sense, when the ladies did so with their fingers in presence of the company. I mean that salad-making is one of those processes connected with the table which any gentle dame might proudly be proficient in, as the mixing of a salad involves no dirty work of any kind, and would not, if properly gone about, soil the dainty fingers of any of my fine-lady sisters.

A salad need not be so “awfully” expensive as some people imagine; it can even, if necessary, be confectioned from the weeds of the fields. Here is the celebrated receipt of Sydney Smith, which teaches the art of making such a salad from potatoes as will merit praise from all who partake of it:—

“ Oh, green and glorious ! Oh, herbaceous treat !
 ’Twould tempt the dying anchorite to eat ;
 Back to the world he’d turn his fleeting soul,
 And plunge his fingers in the salad bowl.”

Perhaps the witty parson did not mean his receipt to serve as the real salad, but as a dressing for the usual composition.

“ Two large potatoes passed through kitchen sieve,
 Unwonted softness to the salad give ;
 Of mordant mustard add a single spoon,
 Distrust the condiment which bites too soon ;
 But deem it not, thou man of herbs, a fault,
 To add a double quantity of salt ;
 Three times the spoon with oil of Lucca crown,
 And once with vinegar, procured from town ;
 Fine flavour needs it, and your poet begs
 The pounded yellow of two well-boiled eggs ;
 Let onion atoms work within the bowl,
 And, scarce suspected, animate the whole ;

And, lastly, in the flavoured compound toss
 A magic teaspoon of anchovy sauce ;
 Then, though green turtle fail, though venison be tough,
 And hare and turkey not nêar boiled enough,
 Serenely full, the epicure may say—
 Fate cannot charm me, I have dined to-day.”

Now, I am not going to crowd this chapter with a multitude of receipts for the making of different salads, although there need be no end to the variety of such compounds. My place is to lay down such general rules as may be necessary for salad-making, and then leave to the taste of those for whom the salad is designed to have it so modified as to suit the palates of those who partake of it.

LOBSTER AND OTHER SALADS.

Is our salad *par excellence*. It is exceedingly *Lobster Salad* fashionable, and may be decorated with white rings of hard boiled eggs and the coral or eggs of the lobster, whilst the fan or tail of the animal and its various long antennæ may all play an ornamental part in the getting up of the dish. The lobster must, of course, be boiled, and the meat of the animal, with a sufficiency of green stuff, forms the basis of the dish. Very small onions and egg radishes may be used when in season, as also chervil, etc. A sauce of oil, mustard, cream, and a little cayenne may be served, either in the dish or separately. As has been hinted, the decoration of a salad of this kind may be carried to any length the fancy dictates. An outer border may be made of alternate slices of boiled potatoes and beetroot, which will look charming. To keep this border in its position, fill the bottom of the dish with aspic jelly, and allow it to set ; throw in the “greenerie” in bulk, and cover all with a very thick sauce of cream, oil, and mustard, seasoned to taste ; then plant on the centre, so as to stand erect, a few of the hearts of the lettuces which have been used, after which build a border of hard-boiled eggs cut into fantastic forms.

Observation.—The lobster salad may be varied in a score of different ways, and if it is not convenient to have a lobster, some flakes of cold boiled chicken, or even thin cuttings of cold roasted mutton, may be treated

as the basis of a salad, just as well as the crustacean. No specific directions can be given, so much is dependent in making salad on personal taste.

Salad Dressing.

THE following excellent receipt for salad dressing is by Monsieur Soyer, and was much used by him at the Reform Club:—Empty the yolks of two raw eggs into a basin in which has already been placed the yolk of a hard-boiled egg, rubbed down to a flour through a sieve; add a very little salt and the least pinch of pepper, and stir round with a wooden spoon by means of the right hand, dropping in the salad oil from a bottle held in the left hand. Keep stirring, and as it becomes thickish add an egg-spoonful of vinegar. Continue with more oil and a few additional drops of vinegar till about three parts of a pint of oil have been used, when it will be about the consistency of cream. More seasoning may be added if necessary, as also a teaspoonful of chopped parsley, with a few eschalots cut fine. Pour over the salad and serve. If the sauce curdle in making, it must be made over again by putting the yolk of an egg in another basin, and working it with a little oil into a stiff paste, to which gradually add the curdled dressing.

Fish Salads OF all kinds are made on the model of the directions which have been given for the making of a lobster salad. Most kinds of cold fish can be used for salad, and salmon in particular will make an effective basis.

Game Salad FOR a party at shooting quarters may be made in the following style:—Use eight hard-boiled eggs, each cut into four pieces lengthways, which stand up on their ends in a little butter (to ensure the position cut a snip off each). These will form a border. In the centre place as much fresh-gathered salad as will be sufficient for the party, add the flesh of a young grouse taken from the bones. Over the whole pour a *piquant* dressing, which may be made as follows:—A spoonful of sugar, another of chopped eschalots, a little chopped parsley, and a tea-spoonful of salt, to which add by degrees four spoonfuls of oil and one of Chili vinegar; keep in a cool place till wanted, and then mix in a gill of well-whipped cream. Spread it over the salad, covering the meat, and ornament with any coloured vegetables which may be handy.

Salads, as has been indicated, may be "named" after any animal. An excellent salad is served in Holland composed of herrings. The fish should be soaked in milk for a time, to take away the rank taste, then cut the flesh from the bones and mix with thin slices of cold potatoes, over which sprinkle a teaspoonful of finely chopped onions. Mix the ingredients with care, and drench with dressing and seasoning of oil, vinegar, salt, pepper, etc. Other vegetable matter may be added if desired.

A NICE winter salad may be composed with a red *Winter Salad*. cabbage as the basis of the dish. Water-cresses, radishes, and lettuce afford a never-failing foundation for a salad, as also small spring onions, chervil, mustard, endive, and garden cress. Much, very much, care must be taken in selecting the vegetable material for salads. Radishes soon become woody or fibrous; the lettuce should always be eaten whilst it is young and milky; old lettuces are very irritant; celery when young and well blanched adds a tone to the composition. Scrape the radishes lightly and throw away the outer leaves of the larger lettuces. Cress and mustard should always be, as it were, "newly born." Those ladies who *will* wash the green stuff, should do so with a weak solution of salt in plenty of water. Cucumber gives a variety, as it can be cut into many forms; I am not partial to its use, however, it is so indigestible; red cabbages, in their season, can be effectively used in salad decoration, while a scrape of horse radish confers additional pungency to the composition. Do not concoct the salad till a little time before it is required, so that it may come to table as fresh as possible. As a rule, salads, when well lubricated with olive oil, are perfectly wholesome for healthy people; for persons of weak digestion they are not, however, so suitable. I prefer salad to be served as a separate dish.

CUT and dress the stalks, shredding off all the *Celery Salad*. outer leaves, and then wash carefully in cold water. Serve in a large tumbler or on a crystal plate, with oatcake, butter and cheese.

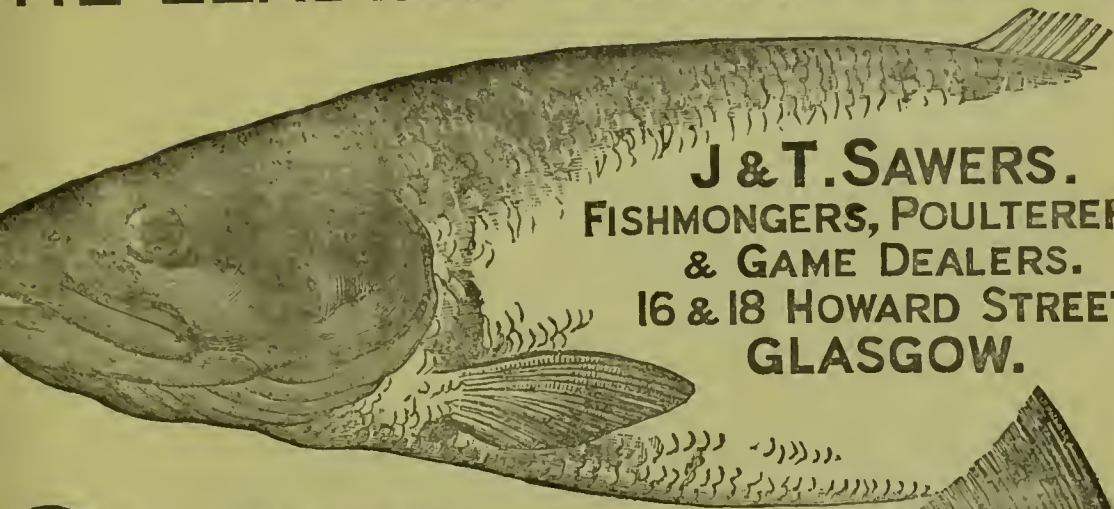
MAYONNAISE.

I shall not venture to write an essay on the mayonnaise, or to account for the origin of the name,—more learned persons than I am have attempted to do so and failed ; all that I wish to say on the subject is, that mayonnaise is, in my opinion, just another name for a “salad dressing.” This will be at once apparent from a study of the following receipts, before giving which I may mention that success depends chiefly on the manipulation of the materials.

Mayonnaise a la Louis. IF a cook can achieve a success with the following, she need not despair of becoming a good salad maker. The process is a tedious one, however, and involves constant care. Work in first of all, to two raw yolks of egg, eight wine glassfuls of olive oil, and one of tarragon vinegar. This must be done with great caution. First of all, beat up the two yolks, with a little pepper and salt, with a horn spoon, then add a few drops of the oil, and work again, then a drop or two of the vinegar, and more work ; continue doing this till the oil and vinegar are thoroughly incorporated with the eggs. In summer, this work must be done in a very cool place, or it will be a failure. When this is done, the half of the battle is over. Add to the sauce, a little pounded ravigote, and you have mayonnaise *a la Louis* of France.

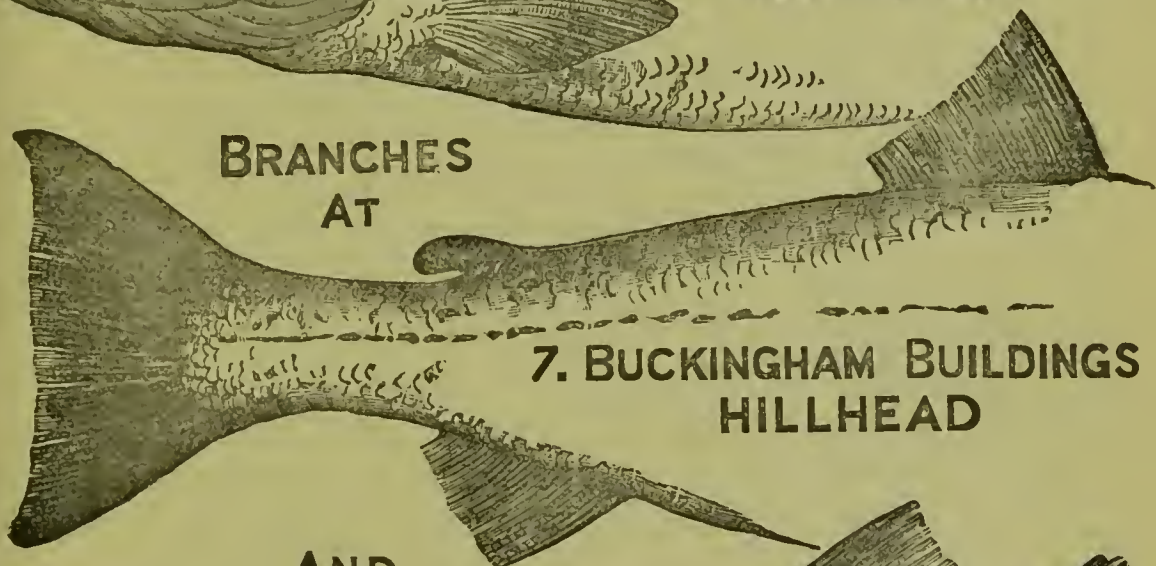
Mayonnaise in General Two spoonfuls of rich cream may be added to the above, as likewise a spoonful of white stock. The mayonnaise, when desired, may be coloured with a very little spinach juice or parsley water, and when to be used for fish, may be coloured with a little lobster berry, pounded. This sauce may be used for cold salmon, or trout, or for cold game of any kind. Some epicures are exceedingly fond of it. The whole compound must be so well manipulated, that persons will not know the oil is there or be able to recognise the raw eggs.

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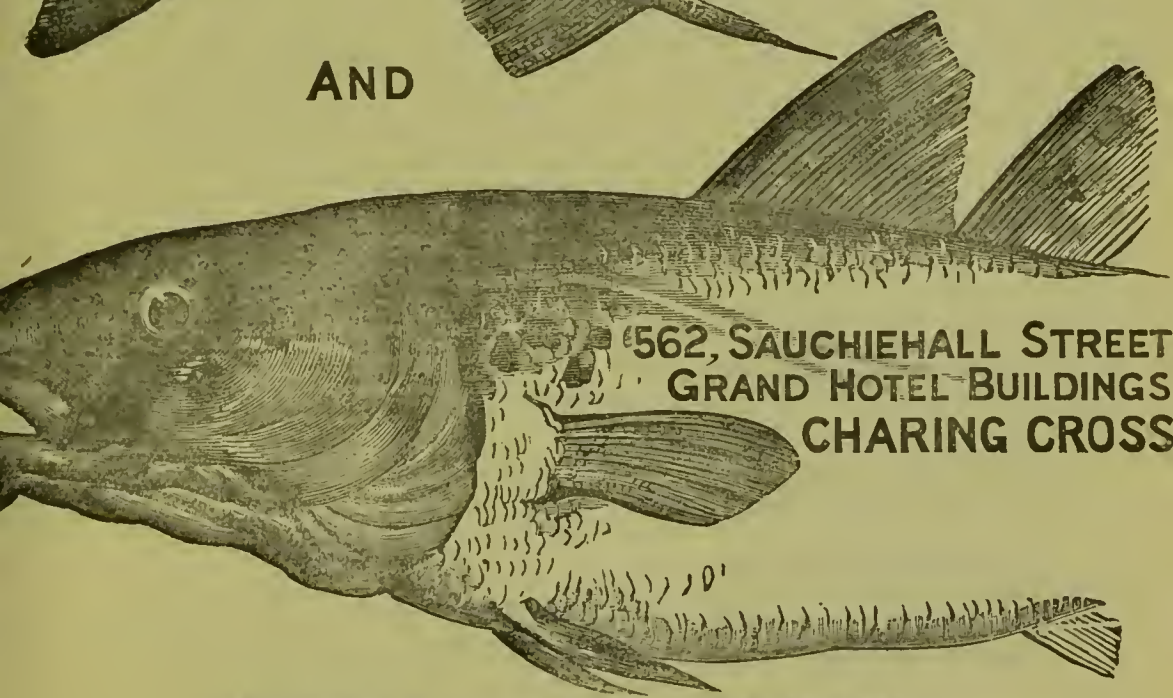
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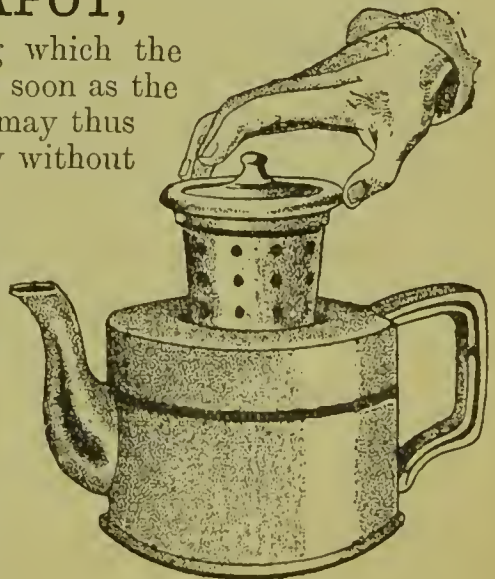
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